

## INVITATION

### MS Australia – ACT/NSW/VIC

### Client Services events in Central Western NSW

MS Australia -ACT/NSW/VIC is offering two separate one day events in the Central West of NSW on October 2010 for people with multiple sclerosis (MS) and their families. In Orange there will be a Wellness Day and in Dubbo an MS Information and Presentation Day from MS Health Professionals.

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#### 1. Health and Wellness Day for people with MS

Sunday 24 October      8.45 am – 4.00 pm  
Integra Health Club      17 Ralston Drive, Orange

MS Australia is pleased to invite you, your partners, carers and friends, to this Wellness Day. Wellness Days focus on the importance of diet, nutrition, physical activity and stress management in living well with MS. We encourage people of all ages and abilities to attend and to learn about a range of techniques and complementary therapies available to you in your local community.

On the day, you will have the opportunity to try a range of 'Come and Try' activities:

- Yoga/Pilates
- Tai Chi
- Massage
- Heart Moves for MS
- Strength maximising with Swiss balls and Therabands
- Carers and support persons resource corner
- Healthy eating and nutritious foods for living well with MS

The afternoon sessions will include the following two keynote presentations:

- *'Nutrition to Nourish the Nervous System'* presented by Sandy Davidson, a Nutritionist and Naturopath
- *'The ESSENCE of Managing MS'* presented by Dr Craig Hassed. This presentation also includes a very popular session on Mindfulness Meditation.

**Cost:** \$25 per head for nutritious health food catering

**RSVP** to Sharon Valks, Health Promotion Officer at MS Australia

Telephone 9646 0728

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## 2. Information Day by MS Health Professionals

Tuesday 26 October                      10.00 am - 2.30 pm  
West Dubbo Bowling Club              82 Whylandra Street, Dubbo

Staff from MS Australia – ACT/NSW/VIC will present information which will include:

- a general update on the management of MS and its symptoms
- fatigue management
- depression and MS
- exercise for fitness and wellbeing

Staff in attendance will include:

- a physiotherapist
- an occupational therapist
- a clinical psychologist
- a community support worker/MS nurse

This workshop is free but registration is essential for catering purposes.

To register call MS Connect on 1800 042 138  
or email [msconnect@msaustralia.org.au](mailto:msconnect@msaustralia.org.au)

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People with MS and their families are welcome to attend either or both days and we welcome the opportunity to discuss with you the content of these events.

Please note that you will need to register for these events and there is a different registration process involved for each event.

Enclosed is information on the workshops and registration forms for both events.

We look forward to seeing you at one or both of these days.