



Education and Information Sessions

January to June 2012

ACT & NSW

MS Australia – ACT/NSW/VIC education and information sessions are held across the ACT, NSW and Victoria. You are welcome to access programs in any of our locations, regardless of where you live.

Education and information sessions are also available to family members and carers, and via teleconference. Teleconferences allow you to join a session via telephone from any location. Video conferencing and web streaming technology is also offered for some of our education programs.

Program details outlined in this document are current at the time of printing; however, dates, times and venues may change. Please check details when you register.

All programs are free of charge, unless indicated. Family members and friends are welcome to attend all programs and interpreters are available upon request.

*Please note that registration is essential as programs will only run if minimum numbers are achieved. To register or for more information, please email educationnsw@msaustralia.org.au or call 1800 042 138 (free call).

Learn About MS	Location	Date and time
<p>This program provides accurate information about multiple sclerosis (MS) and MS Australia - ACT/NSW/VIC services and programs.</p> <p>As a medical and research update it is suitable to those recently diagnosed with MS, their family members and friends, as well as people who have lived with MS for some time.</p> <p>This program enables people to exchange ideas, ask questions and hear from a range of health professionals.</p>	Teleconference	Wednesday 15 February 7.00pm – 8.30pm
	Lidcombe – video conferenced from Blackburn	Saturday 3 March 10.00am – 1.00pm
	Lidcombe – video conferenced from Blackburn & also Webstream	Thursday 19 April 1.00pm – 3.00pm
Working with MS	Location	Date and time
<p>Explore your rights and responsibilities at work, as well as super, insurance and finance matters.</p>	Teleconference	Tuesday 28 February 7.00pm – 8.30pm
	Teleconference	Thursday 26 April 7.00pm – 8.30pm
Thinking and Memory	Location	Date and time
<p>This session will explore common MS related thinking and memory changes and their management in the context of both other MS symptoms and every day cognitive management strategies.</p> <p>*DVD available to loan from the MS Australia Library</p>	Webstream	Thursday 29 March 10.00am – 12.30pm
	Webstream	Monday 14 May 10.00am – 12.30pm

Get Active with MS	Location	Date and time
<p>This session is aimed for people with MS who are interested in exploring exercise. It is led by MSA physiotherapists. You will receive advice about ways to get more physically active, increase fitness levels and build strength, as well as guidance to help you start a program that suits you.</p> <p>*DVD available to loan from the MS Australia Library</p>	Teleconference	Wednesday 14 March 7.00pm – 8.30pm
	Teleconference	Thursday 21 June 1.00pm – 2.30pm
Fatigue	Location	Date and time
<p>80% of people with MS report fatigue as one of their worst symptoms. These information sessions provide an overview of MS fatigue and management strategies. Teleconferences are a two-session program led by occupational therapists.</p> <p>*DVD available to loan from the MS Australia Library</p>	Teleconference	Thursday 1 & 15 March 10.30am – 12 noon
	Teleconference	Tuesday 12 & 26 June 6.30pm – 8.00pm
	Webstream	Wednesday 20 June 10.00am – 12 noon
PNI - Psychoneuroimmunology	Location	Date and time
<p>PNI is the scientific study and practice of what some call “the mind-body connection. Dr Gary Fulcher, Senior Clinical Psychologist at MS Australia – ACT/NSW/VIC will explain the principles of PNI.</p>	Webstream	Wednesday 14 March 1.00pm – 3.00pm

International Speaker	Location	Date and time
<p>Biogen Idec are bringing Eva Havrdova to Australia from Prague in the Czech Republic. Eva is a neurologist with a particular MS interest.</p>	Lidcombe	Friday 23 March 4.45pm – 5.45pm
	Deakin – video conferenced from Blackburn or Webstream	Wednesday 28 March 11.00am – 12 noon
Contenance Care in MS	Location	Date
<p>Learn about bladder and bowel problems – causes, assessment and treatment options.</p>	Teleconference	Wednesday 28 March 7.00pm – 8.30pm
	Teleconference	Thursday 7 June 10.30am – 12 noon

Please note the program is correct at time of publication but may still be subject to variation. Sessions may be cancelled if minimum attendance is not reached. Other options may be offered at time of cancellation.