

## HEALTH PROMOTION AT MS AUSTRALIA – ACT/NSW/VIC

Maintaining health and wellness is paramount for people living with chronic health conditions. MS Australia – ACT/NSW/VIC endorses a holistic approach to living a healthy lifestyle which includes attention to diet, nutrition, stress management, social wellbeing, physical and leisure activities.

We seek to engage with people of all ages, cultures and backgrounds to identify and expand on opportunities for accessing recreation, education, wellbeing, leisure and physical activities that are important to living well with MS.

### Wellness Day activities may include:

- Massage
- Mindfulness meditation
- Heartmoves for MS
- Qi gong
- Flexibility and balance exercises
- Tai chi
- Yoga
- Wheelchair upper limb strength training
- Stress management techniques
- Strength maximising
- Swiss balls and therabands
- Nutrition and healthy eating workshops

## ORANGE WELLNESS DAY

**When:** Sunday 24 October 2010  
**Time:** 9am - 4pm  
**Where:** Integra Health Club  
17 Ralston Drive, Orange

The centre is wheelchair accessible and parking is available.



### To register, or for more information, please call:

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## WELLNESS DAY ORANGE, NSW

Experience a range of holistic complementary therapies and strength maximising activities.



## SCHEDULE OF ACTIVITIES

### SUNDAY 24 OCTOBER 2010

**8:45am Meet and greet and refreshments**

**9:00am Introduction and welcome**

**9:20am Come and try sessions**

- Massage
- Heartmoves for MS
- Swiss balls and therabands
- Yoga/Pilates
- Tai chi
- Carers' and support persons' resource corner

**11:20am Morning tea and rest**

**11:45am Nutrition to Nourish the Nervous System**  
Presentation by Sandy Davidson

**1:15pm Lunch and rest**

**2:00pm The ESSENCE of Managing MS**  
Part 1 with Dr Craig Hased

**3:00pm Afternoon tea and rest**

**3:20pm The ESSENCE of Managing MS**  
Part 2 with Dr Craig Hased

**3:35pm Mindfulness meditation**  
Lead by Dr Craig Hased

**4:00pm Thank you and close**

Registration is \$25 (incl GST) per person to cover catering.

Please note, childcare facilities are not available.

## KEYNOTE SPEAKERS



**Dr Craig Hased** is a general practitioner and senior lecturer at the Monash University Department of General Practice.

He has strong teaching, research and clinical interests in mindfulness-based stress management,

mind-body medicine, holistic health care, health promotion and medical ethics.

Dr Hased runs courses for professional groups and the general public in these areas, teaches cancer support programs at the Gawler Foundation, and runs programs at the Petrea King Quest for Life Centre. He writes regularly for medical journals, has written four books – such as his most recent *The Essence of Health* – and he is a regular media commentator.

Dr Hased will be speaking about the *Essence of Managing MS* which incorporates education, stress management, spirituality, exercise, nutrition, connectedness and environment.



**Sandy Davidson** is a practising naturopath, nutritionist and educator with over twelve years experience in clinical practice.

Sandy is a senior lecturer of Nutrition and Herbal Medicine at Nature

Care College and the Australasian College of Natural Therapies.

Throughout her career Sandy has presented to medical practitioners, industry peers, organisations, support groups, and the general public on a variety of health-related topics.

Sandy is passionate about the role diet plays when managing one's health, and is committed to providing a clear understanding of the health benefits of the foods we consume.

As a holistic practitioner, Sandy also acknowledges the impact of emotional wellbeing in the management of chronic diseases.



## COME AND TRY ACTIVITIES

On the day you will have the opportunity to experience a number of different activities including strength training exercises, yoga, tai chi, qi gong, reflexology, massage, Heartmoves for MS and meditation.

The exercises will be designed for all abilities and you will be amazed at what you are capable of doing. You will be encouraged but not pressured to participate. It is a great opportunity to discover what exercises you enjoy doing and which ones you may like to pursue on a regular basis.