



Education and information sessions - NSW October 2009 – December 2009

Education and information sessions are conducted across the ACT, NSW and VIC. You are welcome to access programs that are convenient, regardless of where you live. The following table provides sessions held in NSW from October to December 2009.

Understanding MS	Location	Date
Newly Diagnosed Information Session Receive information about MS and MS Australia – ACT/NSW/VIC services and programs. Particularly relevant for people recently diagnosed and their families.	Lidcombe, NSW	Saturday 14 November 10.00am – 3.00pm
Newly Diagnosed Information – Teleconference An opportunity to speak with our Medical Director to ask questions and receive information about MS, our services and programs. Particularly helpful for people recently diagnosed and their families/friends.	ACT, NSW and VIC	Wednesday 21 October 10.30am – 12.00pm
Staying well with MS		
Fatigue Self-Management Program A six week program designed to help you manage fatigue and conserve energy. The program is being offered as a research project at selected locations as well as via the internet.	Narellan Community Health Centre, NSW	Wednesday 21 October to 25 November 10.00am – 12.00pm
Wellness Day Explore various health promotion activities relating to mind-body medicine, stress management and lifestyle.	Singleton, NSW	Sunday 8 November 9.00am – 4.00pm
Maximising your Memory Learn how memory works and how to set up good memory self-management practices in every day life.	Lidcombe, NSW	Saturday 7 November 10.00am – 3.00pm
Managing Fatigue – Teleconference Receive information about how to manage MS related fatigue.	ACT, NSW and VIC	Tuesday 1 December 6.30pm – 8.30pm
Get Active with MS – Teleconference Learn how to increase fitness levels and build strength.	ACT, NSW and VIC	Tuesday 3 November 10.30 – 12.00pm
Exercise Programs From aqua aerobics to yoga – a range of diverse programs are available.	ACT, NSW and VIC	Various times and dates – call MS Connect™

Please register early to ensure your place in programs.

For bookings or information please call MS Connect™ on 1800 042 138.