

An invitation to you
Mornington Peninsula Wellness Day
Sunday 30 May 2010
RACV Cape Schanck Resort
9:00am-4:15pm

MS Australia is proud to invite you, and those who support you, to our Mornington Peninsula based 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 the various management techniques and complementary therapies available to you in your local community.

On the day, you will have the opportunity to “come and try” a variety of activities including massage, strength training, pilates and meditation, all of which will be run by trained practitioners in the field.

Keynote speaker Dr. Craig Hassed is a senior lecturer at Monash University and is a well renowned authority in the field of complementary medicine. He is the author of three books, including “New Frontiers in Medicine” and “Know Thyself” based on mindfulness stress management. Craig will be presenting on the importance of diet, nutrition, physical activity, mind-body medicine and stress management for people with MS.

Dr Michelle Woolhouse is a GP with a focus on wholistic medicine, nutrition, stress management and personal development. Her practice integrates western medical wisdom with the treatments and philosophies of complementary medicine. Michelle will focus her presentation on nutritional options to achieve optimal health.

We understand that this location may cause problems for some people in getting there. If this is the case for you please contact Jon Adams for a private discussion around your circumstances. Morning tea, lunch and afternoon tea will be provided.

Registration is essential. Please return the completed registration form attached to this letter by the 14th of May 2010. We would also appreciate your time in completing the short survey attached.

For enquiries, contact:

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