



worldMSday
30 MAY



#MS
connections

FACEBOOK LIVES & WEBINARS



WED 27TH 5:00pm (ACST) **Intro to Tai Chi (MSQ)**

with Shelley McBride & Erin Bourke
(Exercise Therapist & Senior Physio)

FRI 29TH 12:30pm (ACST) **WMSD Community Celebration (MSQ)**

2:00pm (ACST) **Gut Health & MS (MSL)**

with Dr Wolf Marx
(Dietitian & Research Fellow)

SAT 30TH 9:00am (ACST) **Basic Yoga Poses (MS SA & NT)**

WORLD MS DAY

with Sammy Naumann
(Wellness Coach & Facilitator)

10:00am (ACST) **Mindfulness (MSL)**

with Dr Craig Hassed
(Assoc. Prof. & Senior Lecturer)

11:30am (ACST) **Brain Health & Self-care (MSA)**

with Dr Anneke van der Walt
(Neurologist & Principle Research Fellow)

2:30pm (ACST) **Mental Health tips (MSA)**

with Dr Sally Shaw
(MS Psychologist & person with MS)

4:30pm (ACST) **Mindfulness (MS SA & NT)**

with June Mattner
(Registered Nurse)



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I connect, we connect