



worldMSday
30 MAY



#MS
connections

FACEBOOK LIVES & WEBINARS



WED 27TH 5:30pm (AEST) **Intro to Tai Chi** (MSQ)

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

FRI 29TH 1:00pm (AEST) **WMSD Community Celebration** (MSQ)

2:30pm (AEST) **Gut Health & MS** (MSL)

with Dr Wolf Marx
(Dietitian & Research Fellow)

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

WORLD MS DAY

with Sammy Naumann
(Wellness Coach & Facilitator)

10:30am (AEST) **Mindfulness** (MSL)

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

12:00pm (AEST) **Brain Health & Self-care** (MSA)

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

3:00pm (AEST) **Mental Health tips** (MSA)

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

5:00pm (AEST) **Mindfulness** (MS SA & NT)

with June Mattner
(Registered Nurse)



MS

I connect, we connect