



worldMSday  
30 MAY



#MS  
connections

# FACEBOOK LIVES & WEBINARS



**WED 27TH** 3:30pm (AWST) **Intro to Tai Chi** (MSQ)

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

**FRI 29TH** 11:00am (AWST) **WMSD Community Celebration** (MSQ)

12:30pm (AWST) **Gut Health & MS** (MSL)

with Dr Wolf Marx  
(Dietitian & Research Fellow)

**SAT 30TH** 7:30am (AWST) **Basic Yoga Poses** (MS SA & NT)

WORLD MS DAY

with Sammy Naumann  
(Wellness Coach & Facilitator)

8:30am (AWST) **Mindfulness** (MSL)

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

10:00am (AWST) **Brain Health & Self-care** (MSA)

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

1:00pm (AWST) **Mental Health tips** (MSA)

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

3:00pm (AWST) **Mindfulness** (MS SA & NT)

with June Mattner  
(Registered Nurse)



MS

I connect, we connect