



Women's Health Week

7-11 September 2020

See full program at:

www.msaustralia.org.au/WHW2020

All times listed in AEST.



AUSTRALIA

Community Partner



MON 7th

11am - About MS / Welcome to Women's Health Week (PRESENTATION - pre-recorded)

Deidre Mackechnie (CEO of MSA) - Hosted by MS Australia - 10mins

2:30pm - How MS research is improving clinical care for women (WEBINAR - live)

Dr Anneke van der Walt (Neurologist & Researcher) - Hosted by MSL (ACT, NSW, Tas. & Vic.) - 60mins

TUES 8th

10am - What is it with hormones and MS? (WEBINAR - live)

Dr Jeanette Lechner-Scott (Neurologist & Researcher) - Hosted by MSL - 60mins

12pm - Diagnosis - time matters in MS (NEWS ITEM)

An account of two women living with MS

5pm - Finding your Voice - better health outcomes & empowerment (FACEBOOK LIVE)

Dr Sally Shaw (Psychologist with a focus on people with MS) - Hosted by MS Australia - 30mins

WED 9th

12pm - Maximise your healthcare appointments (DIGITAL FLYER)

10 strategies to help you speak up and advocate for your needs.

6pm - Bone Health, Exercise & MS (WEBINAR - live)

Erin Bourke (Neuro-Physiotherapist) - Hosted by MS Queensland - 30mins

THU 10th

12pm - Bladder Management & MS (WEBINAR - live)

Irene Kemp (Clinical Nurse Consultant) - Hosted by MS Queensland - 30mins

FRI 11th

11am - MS & preventative health - understanding the links (PRESENTATION - pre-recorded)

Dr Ruth Dobson (UK Neurologist & Lecturer) - Hosted by MSL (ACT, NSW, Tas. & Vic.) - 60mins

6pm - Short Yoga session for MS (FACEBOOK LIVE)

Debby Lewis (Yoga & Mindfulness Teacher) - Friday wind-down hosted by MS Queensland - 30mins



Read more about Women's Health Week at: www.womenshealthweek.com.au