THE OFFICIAL MAGAZINE OF THE MULTIPLE SCLEROSIS SOCIETY SA & NT

NETWORK

May 2023

NEV'S STORY: "THE DIFFERENCE BETWEEN LIVING LIFE AND JUST EXISTING"

PLUS, MS AND PREGNANCY, SEXUAL HEALTH & WORLD MS DAY FESTIVITIES

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Message from the CEO

Since becoming CEO in December, it has brought me great joy to get out into the community, meet clients and take part in our events. Thank you to all the people who have shared their experiences and taken time to make me feel welcome. Over this time, the importance of 'connection' has become hugely apparent to me.

At my first MS Mighty Swim in February, I witnessed the power of connection first-hand. It was heart-warming to see hundreds of participants come together to raise funds for people living with MS.

I've also attended numerous MS Society Peer Support Group meetings and have been inspired by our community, and seen the warmth and the value of connection, friendship, and solidarity.

Connection to our friends, our families, our colleagues, our community. It's vital.

World MS Day is on 30 May. In keeping with the theme, 'Connections', we're connecting the MS and wider community, and working hard to raise funds to change lives of people living with MS at our first formal World MS Day Dinner.

We are also looking for ways we can encourage a deeper connection amongst our MS community. Have you got special tips, products, or words of wisdom or encouragement you'd like to share with people living with MS we can publish in *Network?* Email **communication@ms.asn.au**
I look forward to connecting with you more over the coming year.

Jannine Jackson
Chief Executive Officer

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SA recipients receive national recognition for MS work

MS Australia President Rohan Greenland flew to Adelaide to award President's Medals to two worthy South Australian recipients at the recent MS Mighty Swim.

MS nurse Sharon Barlow and The University of Adelaide have been awarded MS Australia President's Medals for their support, passion, dedication and service toward the MS movement in Australia.

Ms Barlow was recognised for her work in setting up the first SA MS clinic with Professor Mark Slee, where she continues to provide clinical support, while the University of Adelaide, which was represented by Shaun McColl during the awards ceremony, received recognition for its contribution to MS Research. They were among 50 national recipients announced by MS Australia President, Associate Professor Desmond Graham, at the MS Australia Parliamentary Friends of Multiple Sclerosis 50th Anniversary Dinner in November last year. ▪

Above: MS Australia President Rohan Greenland and medal recipient Sharon Barlow.

Below: Rohan Greenland with Shaun McColl who represented the University of Adelaide at the medal presentation.

MS Australia boosts MS research with over $3 million in grants

MS Society SA & NT is supporting MS Australia to fund important research projects in 2023.

MS Australia contributed more than $3 million to 22 new MS-focused projects, including studies that examine family genetics, the impact of diet on brain health and the repair and regeneration of cells. All projects have the potential to lead to significant advances in treatment and prevention, and in finding cures for MS.

The grants range from one-year innovative studies to major three-year projects in the pursuit of improving the quality of life for people living with MS.

They also include fellowships and scholarships, continuing MS Australia's commitment to investing in the future of Australia's world-leading MS research workforce.

In South Australia, Dr Iain Comerford from The University of Adelaide is using models of MS to target specific receptors involved in the pathogenesis of MS.

The MS Society is very proud to have contributed $726,271 to MS research in the last financial year.

These projects are only possible thanks to the generosity of our supporters, who like us, want to see a world without MS.

For more information about the research projects being funded by MS Australia this year, visit **www.msaustralia.org.au** ▪

Pregnancy and MS

For many women, becoming a mother can be an important life goal. Multiple sclerosis is often diagnosed between the ages of 20 and 40, which are commonly years women consider starting a family. There are several things to consider when exploring this stage of your life, and an MS diagnosis adds another level of consideration. Is getting pregnant possible? Is breastfeeding an option? What about the overall impact of pregnancy?

We answer some of the commonly asked questions people may find useful in their journey to parenthood.

CAN I STILL GET PREGNANT IF I HAVE MS?

Absolutely. There's no evidence showing MS has a direct impact on fertility. Your chances of falling pregnant are as good any a couple trying to conceive. There are, however, some people with MS who experience sexual difficulties because of their condition, and this may impact the chances of conceiving a baby. Read more about this on pages 8-9.

For couples struggling to conceive and who are seeking fertility treatments, it is important to note MS disease activity may increase when on certain treatments. Contact us and speak to your MS nurse to discuss if you are considering these treatments.

SHOULD I STOP TAKING MEDICATION WHEN TRYING TO CONCEIVE?

Certain medications for MS, both disease modifying therapies and those for symptom management are not recommended during pregnancy or when breastfeeding and could be harmful to a developing baby.

It is important to discuss all your medications with your neurologist and GP if you're planning to start a family or discover you're pregnant.

WILL MS HAVE AN IMPACT ON MY PREGNANCY?

For most women, MS doesn't make a significant difference to their pregnancy and there isn't a greater risk in experiencing complications, such as miscarriage, birth defects or stillbirth compared to those who don't have MS. Pregnancy can put your body under a lot more stress than usual and it is important to monitor your physical symptoms and speak to your doctor if you are worried about any of them.

HOW WILL PREGNANCY AFFECT MY MS?

For those with relapsing remitting MS (RRMS), you're less likely to have a relapse during pregnancy, particularly during the third trimester, but there is an increased risk of relapse in the three months post-delivery. It is believed the effect of pregnancy hormones, particularly oestrogen, which suppress the immune system to ensure a woman can carry a baby, reduce the likelihood of a relapse during pregnancy. There is also some indication that having treatment with a disease modifying therapy (DMT) for at least one year prior to conception reduces the risk and severity of a relapse post-delivery.

For those with progressive MS, there isn't enough data to give an accurate indication on the effect of pregnancy on this type of MS.

WILL MY MS SYMPTOMS BE AFFECTED?

It can be difficult to distinguish as many pregnancy symptoms also occur for those with MS, particularly fatigue, and bladder symptoms, such as frequency and urgency to go to the toilet.

WILL MS AFFECT MY LABOUR?

Generally, no. For most women with MS a vaginal birth is possible. Discuss any concerns about labour with your obstetrician, doctor or midwife and come up with a birth plan early in your pregnancy that considers your individual symptoms.

It is important to be aware that you may get tired more easily if you have MS fatigue, so make sure your doctors and midwives are informed.

IS PAIN RELIEF AVAILABLE TO ME?

Yes. Generally, women with MS can accept the same type of pain relief during labour as those without, including gas and epidural. General anaesthetics are also safe for women having a caesarean.

CAN I BREASTFEED?

Yes. MS can't be passed through breastmilk and studies show there could even be a possible decrease in the relapse rate.

It is advised to not take steroids while breastfeeding as they have been shown to cross into breastmilk. Some DMTs can also cross into breastmilk. It is important to speak to your health practitioner if you have MS and are planning to breastfeed.

CAN I PASS MS ON TO MY CHILD?

While MS has a genetic component, studies show as few as 1.2 per cent of people with MS have a parent with MS.

PREGNANCY AND MS SESSION

The MS Society SA & NT hosts 'Pregnancy and MS' sessions throughout the year. Join our MS Nurse, Johanna, who is also an experienced fertility nurse, for information and guidance around preparing for pregnancy, breastfeeding and MS treatments, and pregnancy. To be kept informed of upcoming education sessions phone: **7002 6500** or email: **info@ms.asn.au** ▪

▶ It is important to note the information provided in this article is general in nature and those wanting to get pregnant should speak to their healthcare team for personalised advice.

Nev and his teammates, Ellie and Laura

Nev's story:

"The difference between living life and just existing"

Nine years on from his MS diagnosis, Nev is driven to do what he can for future generations.

Waking up with pins and needles in his left hand one morning in 2014, Nev initially thought nothing of it. When the tingling didn't go away after a few hours but continued spreading, he began to worry. "I actually thought that maybe I'd had a stroke," Nev says.

Nev was 39 at the time. Married with three young children. He went to the hospital where a series of tests were run. Doctors almost immediately considered it could be multiple sclerosis. Further testing confirmed the diagnosis.

"They did a lumbar puncture, and I had an MRI. Sure enough, they found a lesion at the base of my brain and on my spine," Nev recalls.

In an instant, his world changed. He always considered himself a young, fit dad. Now, he was facing the unknown.

His children are now 19, 17 and 15 but Nev recalls having to explain to them when he was diagnosed that things could look different for their dad.

"A diagnosis turns your life upside-down," he says."There was a lot of readjusting."

But readjust he did, thanks to the support of the MS Society SA & NT. He was relieved when assigned an MS nurse in hospital and was told about the MS Society by his doctor.

"I was told they were the organisation to turn to," Nev says. "Being newly diagnosed, the MS Society was amazing. Within weeks I'd had home visits from the nurse. They were able to help me out with info packs, ice vests (to aid with heat sensitivity) and things like that."

These days, he struggles most with numbness and fatigue. "Sometimes there's a guilty feeling with fatigue because you don't want to let people down, but you need to stay home and rest, because if you don't, it makes it worse," he says.

Nev says he feels supported by the MS Society and knows he can call the nursing team at any time with questions or concerns. "It's nice to have someone at the end of the phone who understands what you're going through and if you tell them your symptoms they can advise the best course of action," he says.

Nev also takes part in hydrotherapy sessions with MS Society physiotherapists. "It's the best form of exercise," he says.

"With MS it can feel like you're carrying a lot of dead weight. Being in the water makes me feel normal.

Nev and his team, Nev's Snorkellers, receiving their award for most laps swum at the 2023 MS Mighty Swim from CEO Jannine.

Taking part in the MS Society's MS Mighty Swim seemed like a natural fit, given Nev's love of the water. He's rallied his team, Nev's Snorkellers, since 2020 and they're a force to be reckoned with. They've won the most laps swum every year since and have been the highest fundraisers twice.

"It's so humbling to see all the teams swimming," Nev says. "It (the MS Mighty Swim) contributes to my positivity, but I participate not just for me, it's for the next generation of people with MS, to help them. The money raised goes toward research which could help find a cure, or stop MS disability, and that's huge."

Almost a decade on from his diagnosis, Nev is largely positive. "For me there's a huge difference between living life and just existing, and I want to live." ▪

▶ Need help managing your MS? Call MS Assist on 1800 812 311

Above: Nev accepting the award on behalf of Nev's Snorkellers for the most laps swum from CEO Jannine.

Left: Nev dressed as wrestler Hulk Hogan for the MS Mighty Swim's costume hour.

Let’s talk about sex!

How to maintain intimacy if you have multiple sclerosis

WITH ANISA VARASTEH, DIRECTOR OF RELATE SEXOLOGY

It’s true, for some people, MS symptoms can change sexual relationships. But it’s absolutely still possible to have a fulfilling, healthy, and enjoyable sex life. We speak to Relate Sexology Director, Anisa Varasteh about some of the challenges an MS diagnosis can have on sexual health and importantly, ways to overcome them.

WHAT IS SEXUAL WELLBEING AND WHY IS IT IMPORTANT FOR RELATIONSHIPS?

Sexual wellbeing refers to a person’s ability to express themselves sexually in a way that is positive, pleasurable, and safe. It is an essential aspect of overall health for all people and can have a significant impact on one’s relationships.

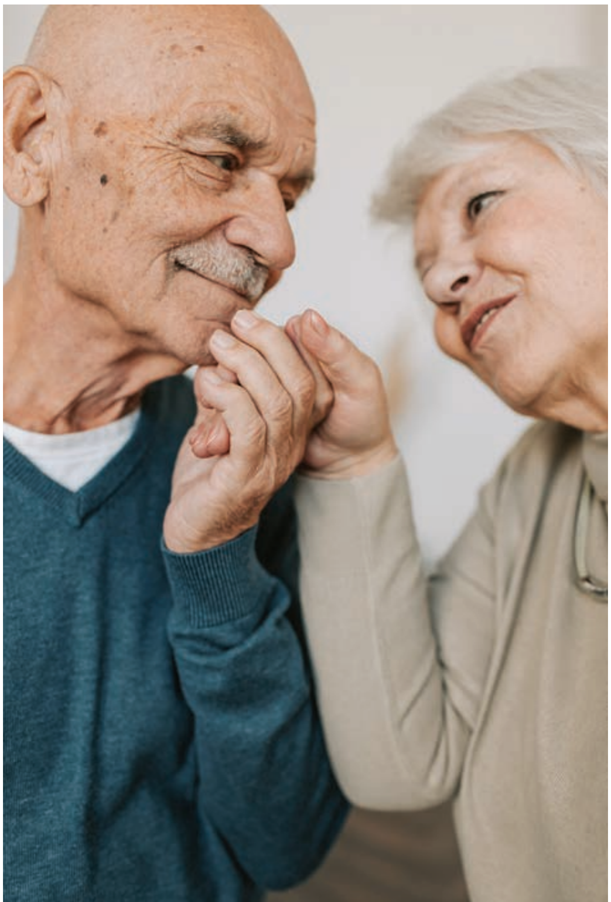
Sexual wellbeing involves physical, emotional, and psychological factors that contribute to a healthy and fulfilling sex life.

WHAT DOES MULTIPLE SCLEROSIS MEAN FOR ONE’S SEXUALITY? CAN YOU STILL ENJOY A HEALTHY SEX LIFE?

Absolutely! While MS can present challenges to one’s sexual health, it’s important to know that a fulfilling sex life is still possible. Some people will not experience any issue or change after an MS diagnosis, but for others, medication and symptoms can present some challenges. My advice would be to not be embarrassed or reluctant to talk about it. By working with healthcare professionals and exploring alternative forms of intimacy and sexual expression, people living with MS can still enjoy a healthy and satisfying sex life.

DO MS SYMPTOMS IMPACT SEXUAL HEALTH?

For some people, MS symptoms can impact sexual health. Fatigue, pain and continence issues can make it challenging to engage in sexual activity or enjoy it fully. Low self-esteem and confidence can also impact sexual health, as can issues with stamina and physical performance.



WHAT CAN YOU DO TO INCREASE ENJOYMENT OF SEX, AND WHAT HELP IS OUT THERE IN THE COMMUNITY?

If you have MS symptoms that impact your sexual health, there are several things you can do to improve your experience. There are a lot of medical and healthcare professionals who work in this area every day, and who can work with you to understand the specific impact of your symptoms on your sex life and develop a plan to manage them. This may involve medications, physical therapy, or counselling.

You can also work with a sexologist or qualified sex therapist to explore different types of sex that could work for you and your partner.

It's understandable that discussing sex with a health professional can be uncomfortable or embarrassing, but it's important to remember that they are accustomed to hearing about it.

WHAT ARE OTHER FORMS OF INTIMACY AND SEX, AND HOW CAN YOU BE AWARE OF THE OTHER PERSON'S NEEDS DURING SEX AND INTIMACY?

When it comes to intimacy and sexual expression there are many forms beyond intercourse. Expanding your understanding of sex beyond intercourse can help increase sexual satisfaction and wellbeing for all partners. Kissing, touching, massage or any consensual sexual activity that is pleasurable and arousing are fun things to explore, too! People who engage in a diverse range of sexual activities tend to have a more satisfying sex life. If this is something that you'd like to explore, communicate openly and honestly with your partner about your needs, and ask about their needs, too.

By prioritising emotional intimacy and connection, trying new things, and exploring different techniques, you can enhance your sexual experiences and strengthen your relationship. Remember sex is meant to be fun and enjoyable so get creative and playful! If you find talking about sex difficult, get support from a qualified therapist. ▪

Anisa Varasteh is a clinical sexologist, the director of Relate Sexology and the president of the Society of Australian Sexologists SA/NT branch. Anisa provides individual and partnered therapy to clients, including people with a disability.

MS Mighty Swim makes its biggest splash ever!

The 18th annual MS Mighty Swim reached a fundraising milestone in 2023, with more than $171,000 raised for people living with multiple sclerosis in South Australia and the Northern Territory.

The money raised in 2023 surpasses the previous highest fundraising total by more than $30,000. What a splash-tastic achievement!

After months of preparation and fundraising, the much-loved community event was held at the Unley Swimming Centre on 11–12 February with plenty of camaraderie and celebration.

Over 24 hours, more than 1,249km was swum - that's 12,500 laps and almost the distance from Adelaide to Sydney - by 444 swimmers in 20 teams, and watched by hundreds of spectators.

Kicking off at 12.15pm on Saturday 11 February, the event was officially opened by MS Society CEO, Jannine Jackson and Mayor of the City of Unley, Michael Hewitson AM.

As mentioned on page three, MS Australia President Rohan Greenland flew in from Sydney to attend the event and award President's Medals to two South Australians, MS nurse Sharon Barlow, who previously worked for the MS Society, and The University of Adelaide, for their contributions to the MS movement, as part of MS Australia's 50th anniversary celebrations.

Back in the water, there was plenty of fun, colour and sportsmanship on display as teams swam their hearts out to raise money for people living with MS, and chase event glory.

Left: MS Australia President Rohan Greenland. Above: MS Society CEO Jannine Jackson and Team MS captain Lee O'Connell.

Left: The University of South Australia - Invictus Pathways Program team.

Right: The Red Hot Oompa Loompa's, winners of the Best Team Spirit award, with CEO Jannine.

By the event's end, reigning champions **Nev's Snorkellers** took out the most laps swum for the third year in a row, swimming a impressive 88.1 km (or 881 laps). They also raised an amazing **$11,954.**

The **Red Hot Oompas Loompas** was the highest fundraising team with **$13,818** raised, while **Peter Bradley,** who was in team **Atlantis Frogs**, was the highest individual fundraiser with **$8,048.** In the days following the event, Atlantis Frogs brought its total to **$14,313.**

Team MS raised a tremendous $22,147! Team MS, made up of people who live with MS, received their own special recognition and loudest applause on the day. Technically, Team MS raised the most of all teams, but because of their uncapped team numbers they didn't qualify for the event fundraising awards.

There was plenty of family-friendly entertainment outside of the water for participants and spectators, too. Roving performers included a balloon artist, magician, and characters, Elsa and Superman. Video games, face painting, free massages and delicious food capped off the entertainment.

Jannine, who attended her first MS Mighty Swim since becoming CEO in December, says she was touched by the display of community and commitment to helping the cause, and fundraising efforts.

"I was incredibly proud and humbled by everyone's effort and the final results," Jannine says.

"It was an amazing experience for all involved and I hope our MS community felt the love and support and had a terrific, fun-filled day.

"All funds raised go back into our MS community here in South Australia and the Northern Territory, to find new treatments and a cure.

"Our hope at the MS Society is that one day we won't need to exist, because for us, that means we've achieved our goal – a world without MS. Until that day, we will be here, day in and day out, to support and empower people living with MS in our community."

Jannine even contributed laps to the swim with her unicorn floatie, MSty (pronounced 'Misty').

"I was, however, told that MSty was ineligible to participate in the swim as her magical powers were deemed an unfair advantage."

Jannine has requested a review from event officials, who remain in deliberations.

On behalf of the MS Society SA & NT, thank you to participants, donors and volunteers for making the 2023 MS Mighty Swim the huge success that it was. Bring on 2024! ▪

Left: Jannine with her floaty, MSty. Below: Ania and Noah enjoying the weekend's festivities.

▶ Check out all the fun from the day in our photo gallery on Facebook.com/msmightyswim

Will proves laughter is the best medicine

As a comedian Will Crawford is used to making people laugh, but his latest stand-up show goes beyond making jokes, it's also a place of healing.

Will, who hails from Darwin, completed a successful two-week run of *Rocksteady Baby: A Road to Not Quite Recovery* at this year's Adelaide Fringe Festival. It's a show that delves into his 2021 MS diagnosis, his acceptance of the condition, the isolation he encountered due to COVID-19, and his gratitude to the medical system and support services he received, including the MS Society SA & NT.

"The support the MS Society provided me was pretty massive," he says.

"Without it I would've really struggled to understand and accept my diagnosis and to also access services because the MS nurses talked me through it, including the whole NDIS process."

He'll next be performing the show at the Darwin Fringe Festival in July.

As well as making others laugh, Will says performing the show is also a way of connecting with the wider MS community, creating friendships, and helping those who might be struggling with their own diagnosis.

"I had a lot of people who came up to me after the show (in Adelaide) with different stories," he says.

"That was really helpful for me. Because I'm relatively newly diagnosed, it helps me understand all the good things everyone is doing…I found it a very healing process for me."

A Native Title lawyer by trade, Will's been in the business of comedy professionally for about 30 years.

"I used to write a lot of sketch comedy for TV… and I also did comedy plays and then comedy acting and comedy monologue and then had a 15-year break," he says.

"It was about eight or nine years ago I got a bit bored in my day job, so I started doing comedy on the side again. But stand up is a little bit different, still comedy, but a little different to sketch comedy."

The show covers his out-of-the-blue diagnosis, which came one morning when he woke up and couldn't see properly. It was pretty dramatic, within about four days I lost a lot of my eyesight and was hospitalised," he recalls.

An MS diagnosis was suspected almost immediately and formally confirmed within about six weeks following various testing and a "nasty relapse" during this time.

"I was really grateful for the support I got from the MS Society because it was also during Covid (his diagnosis) and I was a long way away from family and friends who weren't able to visit."

Will experienced limited eyesight for about four months. He couldn't drive during that time and was housebound for those months, too.

"So that wasn't fun," he says.

Once he started his treatment, however, his symptoms largely improved within about two weeks.

> "And that's partly what the show is about, being thankful for the medical system and the scientists and the support services, and all what the MS Society did," Will says.

The support and professionalism from his MS nurse, Jo, was invaluable and "amazingly helpful".

"Because I was so isolated, Jo the nurse would just call me up semi-regularly and talked me through it because I didn't even understand much about MS," Will says.

"I really benefitted from the MS Society because, I think the hospital was very much into the clinical treatment of me...but they're not there for the pastoral care.

"That's where the MS Society really came into the fore, to not only help me do that, but also talk me through the support services that were available."

This included assistance with diet and nutrition.

"I didn't really understand anything about diet so knowing that maybe eliminating sugar and fried food is probably a very good and wise starting point even in the short term," he says.

Looking to his future, Will is excited to be performing his show in Darwin.

"I think there's a real educative element to it which is to talk through how the diagnosis worked for me, but also the benefits of working with others to get support," he says.

"Because you know, as Aussie males we're sometimes less likely to reach out for help, both emotionally and for our therapeutic needs and I think that's a real important message for everyone that there are lots of benefits and there's no shame.

"I'm a big fan of transparency and sharing any learnings I have. That's the beauty of comedy, I'm able to present things in a funny way and to show you can make jokes about it but it's not a shame, these jokes are about embracing and healing and bringing people together and improving people's understanding and acceptance of everything.

"I think laughter is the best medicine and I found the whole process (writing and performing) wonderfully healing."

Rocksteady Baby: A Road to Not Quite Recovery **will feature in the Darwin Fringe Festival. Visit www.darwinfringe.org.au for more information.**

Leave your limits behind with The May 50K

People all over Australia are being challenged to walk, run or move 50kms throughout the month of May to raise funds for life-changing research into multiple sclerosis.

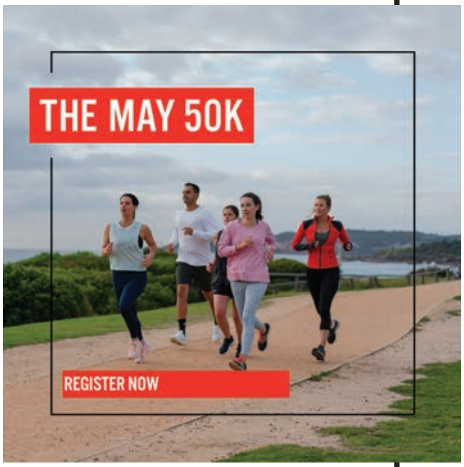
Back for its fifth year, The May 50K combines fitness and fundraising to help leave MS where it belongs, behind us.

All funds raised will support life-changing research into the prevention, treatment and a cure for MS.

Register today and join us at the May 50k! It's free to register and participate.

You can take part in your own time, at your own pace and in and around your local area. ▪

Register at www.themay50k.org



Creating connections for World MS Day

Every year World MS Day is marked on 30 May. It's an annual global day raising awareness about multiple sclerosis and celebrates solidarity and hope for the future.

The theme for World MS Day 2020–2023 is 'connections', where across the global MS organsiations are using the day to build community connection, celebrate self-connection, and encourage connections to quality care. Together, we will challenge social barriers, advocate for better services, celebrate our support networks and champion self-care.

There's lots going on to celebrate this special day. The MS Society SA & NT is delighted to host its first World MS Day Dinner at the Adelaide Convention Centre, on 27 May.

The fundraiser dinner will feature special guest, iconic comedian, screenwriter and advocate, Tim Ferguson, who will 'get real' about what life is like living with MS.

Music for the evening is by the Billy Joel Tribute Band. Lead singer, Anthony Mara, who has MS, and his full-live band deliver an explosive concert celebration that will mesmerise audiences.

To celebrate the final year of the 'Connections' theme, the Multiple Sclerosis International Federation (MSIF) is organising an art competition. It's an opportunity for the global MS community to get creative with the theme, expressing their MS experiences and the connections that matter most to them. Entries close 15 May.

The Darwin MS Peer Support Group is also having a sunset dinner at the Foreshore Cafe in Nightcliff, on 28 May. **Details: www.worldmsday.org Contact Sarah: 0439 885 604.** ▪

▶ If you have a World MS Day activity planned, we'd love to hear from you – email us at events@ms.asn.au

Wellbeing education programs

SUPERANNUATION AND INSURANCE

9 May, 6.30pm (online)
23 Aug, 6.30pm (online)

Industry expert, Tom Cobban, speaks on workplace insurance and superannuation. This webinar will cover topics such as changing superannuation funds, income protection, total permanent disability insurance (TPD), disclosing MS, and when to seek professional advice on super and insurance.

Tom Cobban has more than 10 years' experience as a solicitor specialising in superannuation and insurance claims.

YOUR FEET AND MS, PODIATRY INFORMATION SESSION

24 Jun, 10am – 11.30am (Payneham)
5 Aug, 12pm – 1.30pm (Hove)

Hear from a clinical podiatrist about how podiatry can help take care of your feet and lower legs. You'll learn about the most common conditions that can affect people living with MS, where to find appropriate footwear in Adelaide, and what funding is available to assist with podiatry care.

MS FALLS PREVENTION, SIX-WEEK PROGRAM

26 Jul – 30 Aug, 1pm – 3pm (Hove)
16 Oct – 27 Nov, 1pm – 3pm (West Beach)

Learn exercises and strategies to improve your balance and mobility and reduce your risk of falls in this six-week program led by experienced neurological physiotherapist, Sheila Lennon.

HOLDFAST BAY MS EXERCISE GROUP

Wednesdays, 12.30pm (Hove)

Take part in exercises that are tailored to individual needs in our weekly fitness classes with an MS physiotherapist.

VIRTUAL MS EXERCISE GROUPS

Tuesdays and Fridays, 9.30am

Help improve your strength, mobility, and balance in our twice weekly, online exercise classes with an MS physiotherapist. Exercise at home, with classes running for 30 minutes via Zoom. Exercises can be done standing or seated.

HYDROTHERAPY

Klemzig, Victor Harbor and Noarlunga

Water based, group exercise classes held in three locations in Adelaide and regional SA.

Klemzig:	Tuesday and Thursday
Victor Harbor:	Tuesday
Noarlunga:	Monday (two session times)

New workshops and activities are added to our program regularly. Keep an eye on our website to keep up-to-date on the latest!

▶ To register your interest for our wellbeing education programs or exercise classes, or if you would like to suggest a topic for an information session, contact MS Assist on 1800 812 311.

MS
South Australia &
Northern Territory

World MS Day Dinner

Saturday 27th of May

Featuring

Tim Ferguson

Music by

Billy Joel Tribute Band

Enjoy a three-course dinner and drinks package!

Adelaide Convention Centre

Scan QR Code for ticket link

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