

Education Seminars 2012

The MS Society of SA & NT provides a series of education programs focussed on maintaining a healthy lifestyle and keeping you up-to-date with latest information and research.

Registration is essential. If you do not receive a confirmation letter 1–2 weeks before the seminar or workshop, please notify the office on (08) 8203 6600.



MANAGING FATIGUE

Fatigue is a common issue raised by people with neurological conditions. In this 2 hour information session, an overview of fatigue will be provided including various strategies and techniques to help manage it.

Monday 20th February 10:00am–12:00pm

Where: MS Society office - 19 Fosters Road, Greenacres

RSVP: Friday 20 January 2012 Ph. **(08) 8203 6600** or email: educationseminar@ms.asn.au

Cost: \$5 per person

Wednesday 22nd February 12:30pm–2:30pm

Where: Coventry Library, 63 Mount Barker Rd, Stirling

RSVP: Friday 20 January 2012 Ph. **(08) 8203 6600** or email: educationseminar@ms.asn.au

Cost: \$5 per person

HOLISTIC HEALTH

Stress is an inevitable part of life however there are many ways in which it can be managed in a positive way to help you live well. Join us for this practical workshop to learn effective strategies to deal with the daily stresses of life.

Georgie Davidson is the Director of 'Mindful Movement Physiotherapy' which offers evidence-based physiotherapy with attention to physical and psychological aspects of health. Potential benefits from making the 'mindfulness' approach a part of your life are improved ability to cope with challenging situations, better stress management, improved sleep, improved memory and concentration, decreased anxiety and depression, creation of new healthy habits and increased energy, enthusiasm for life, vitality and motivation. The second part of this session will be delivered by Bek Smith, a physiotherapist from the 'Back In Motion Health Group'. Bek is a Master Trainer of the ChiBall Method and returns again in 2012 to our education series.

The ChiBall method is a mind-body exercise program which has been described as "healing through movement". It integrates gentle exercises from tai chi and qigong, dance, yoga, pilates and Feldenkrais to create a fusion-style class that can be adapted for any age, body type or ability level.

Two choices of dates are listed below. Come along and join us – you will leave with a renewed inner calm, increased energy and sense of well-being. Please wear loose comfortable clothing.

Wednesday 7th March 6:30pm–8:30pm

Where: MS Society office - 19 Fosters Road, Greenacres

RSVP: Friday 3 February 2012 Ph. **(08) 8203 6600** or email: educationseminar@ms.asn.au

Cost: \$10 per person

Saturday 21st July 9:15am-11:30am

Where: Fullarton Park Centre, 411 Fullarton Road, Fullarton

RSVP: Friday 15 June 2012 Ph. **(08) 8203 6600** or email: educationseminar@ms.asn.au

Cost: \$10 per person

*At the time of printing, the dates, times and venues are current, however details may need to be changed. Please ensure you check details when registering.

EMPLOYMENT SUPPORT & YOUR RIGHTS

This information session will be led by a lawyer and staff from Multiple Solutions. It will address legal issues about employment, superannuation and insurance.

Issues covered will include whether you have to tell an employer you have MS, the right to take time off for treatment or go part-time, accessing superannuation, claiming disability benefits (TPD & income protection), the effects on Centrelink and getting travel insurance.

Come along to this interactive session and have your questions answered by experts in the field.

Tuesday 20th March 6:00pm–8:00pm

Where: Box Factory Community Centre, 59 Regent Street South, Adelaide City (parking available in Halifax & Carrington Streets)

RSVP: Friday 17 February 2012 Ph. **(08) 8203 6600** or email: educationseminar@ms.asn.au

Cost: \$5 per person

Wednesday 21st March 9:30am–11:30am

Where: MS Society office - 19 Fosters Road, Greenacres

RSVP: Friday 17 February 2012 Ph. **(08) 8203 6600** or email: educationseminar@ms.asn.au

Cost: \$5 per person

FOCUS ON FITNESS

Research very clearly shows that even a simple exercise program will improve your overall health, wellbeing and fitness. If you're interested in exploring exercise, then this session will provide you with practical options for increasing your level of fitness and strength, as well as support you in starting or maintaining an appropriate exercise program.

An optional Wii Fit demonstration will also be available at the end of this session.

Tuesday 3rd April 6:30pm–8:30pm

Where: MS Society office, 19 Fosters Road, Greenacres

RSVP: Friday 2nd March 2012 Ph. **(08) 8203 6600** or email: educationseminar@ms.asn.au

Cost: \$5 per person

FITNESS & STRENGTH WORKSHOP SERIES

This set of 3 practical workshops is based on a different form of exercise each week. Standing and seated options will be provided. You will be exposed to a wide variety of ways to continue your own fitness sessions from your own home.

- Week 1 – Therabands/Strength Exercises
- Week 2 – Fit Balls, Yoga & Tai Chi Exercises
- Week 3 – Combination of Exercises + Wii Fit Demo

Wednesday 2nd May, 9th May and 16th May 7pm-8pm

Where: MS Society office, 19 Fosters Road, Greenacres

RSVP: Monday 2nd April 2012 Ph. **(08) 8203 6600** or email: educationseminar@ms.asn.au

Cost: \$5 per person per session

NEWLY DIAGNOSED SEMINAR

Come along, learn more about MS and take up the opportunity to ask your own questions. This information session will cover an overview of MS by a neurologist as well as physiotherapist advice around the importance of maintaining fitness and exercise with MS. A peer support ambassador will also speak.

Saturday 9th June 9:30am-11:30am

Where: Fullarton Park Centre, 411 Fullarton Road, Fullarton

RSVP: Tuesday 1st May 2012 Ph. **(08) 8203 6600** or email: educationseminar@ms.asn.au

Cost: \$5 per person