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MSK News

*The news you can use
delivered to your inbox*

24 June 2021

Hello and welcome to another issue of MSK News!

First, let me begin by sending my heartfelt condolences to anyone in Victoria affected by the crazy weather that lashed the state a fortnight ago. I know there are many people still without power and who are suffering great loss. I hope things improve very soon for all of you. And to the people in NSW affected by the latest COVID outbreak – fingers crossed that it resolves quickly and life gets back to ‘normal’ as it’s starting to (once again) in Vic.

In the meantime, check out our latest articles. We look at the very real issue of [back pain](#), how [practising gratitude](#) can be good for you, and we have some hacks to help you [prepare meals with less stress](#). We’ve also got a [delicious new recipe](#) to try, something to [make you smile](#), and details of [upcoming events](#) to put in your diary.

And finally, I'd like to send a big thank you to all our readers who've supported our tax appeal. We're so grateful for your support. If you haven't donated yet, and you'd like to, there's still time. You can make a [tax deductible donation here](#).

Happy reading, and as ever, stay safe and stay well.

Rob Anderson – CEO



Shining a light on back pain

Back pain is the leading cause of disability in the world, yet people with back pain often have to deal with doubt from others about the extent of their pain and the impact it has on their lives. We look at the very real issue of **back pain**.

Now we're cooking!

When you're not feeling 100%, cooking can seem like too much work. But there are many things you can do to make preparing a nutritious and tasty meal easier. Here are **our top tips**.




WALK IN JULY FOR MSK
 ANY DISTANCE | ANYTIME | ANYWHERE
 Making the invisible **visible**, together!
 For more information and to register:
walkinJulyforMSK.gofundraise.com.au

Ready, set...walk!

Only seven days before we hit the paths and trails for Walk in July for MSK! It's a good way to get active while raising funds for a great cause. Walk anywhere, anytime, any distance AND this year you can track your efforts on your fundraising page. Register in June to go into the draw to win a Peninsula Hot Springs 'Dine & Bathe for Two' valued at \$270!

Register today!



Free tickets!

Does your child live with JIA or another musculoskeletal condition? Looking for something to do these school holidays? With thanks to the team at **Merlin's Magic Wand** we've got some free tickets available for the **Sea Life Aquarium Sydney**. Just send an email with your details to buffy@msk.org.au. As you can see from the pics, our families have had a 'whale' of a time.

Contact our free national Help Line

Do you have questions about **dealing with pain**, your **musculoskeletal condition/s**, treatment options, COVID-19, or accessing services? Then be sure to call our nurses on our free Help Line. They're available weekdays between 9am-5pm on 1800 263 265; **email** or via **Messenger**.



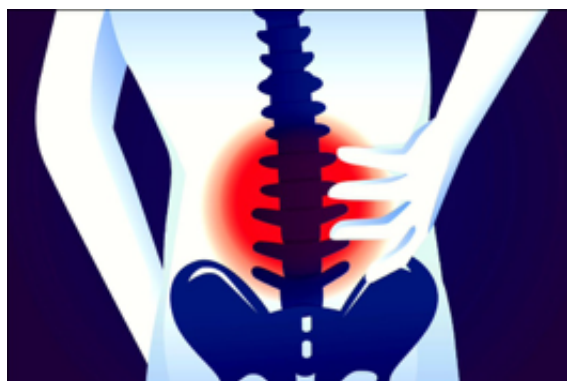
Pita bread pizzas

An **easy weeknight meal** you can put together in the same time it'd take to pick up a takeaway pizza. You can customise them with whatever toppings you like, so the possibilities are endless!

Giving thanks

Many of us focus on the negatives, especially when we're in pain, frightened or worried

about the future. But if we open ourselves up to the positives in life, and become more grateful, we'll feel happier and **we may even improve our physical health.**



Got back pain?

You're not alone. It's the leading cause of disability and can affect many aspects of life. Join us for our free online Koadlow Community Lecture on 15 September, as Prof Peter O'Sullivan makes sense of back pain, busts common myths, and provides some practical information. **BOOK NOW**

There's still time...

...to make your tax deductible donation to help us develop online resources to reduce the impact musculoskeletal conditions have on people's lives. **Please donate today** because together we can make a difference.



Dragon Claw

Our friends at Dragon Claw provide information for people with RA, lupus and JIA, and their carers. They also have weekly online catch-ups called 'Dragon Talks' which are free for people to join. **Check out their latest newsletter** for more details.

Smile!

Staff at a Japanese zoo recently ran a drill to prepare in case a lion escaped their enclosure. But it's the **look on the real lion's faces** that'll have you in stitches.



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