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MUSCULOSKELETAL  
AUSTRALIA

# MSK News

*The news you can use  
delivered to your inbox*

3 June 2021

Hello and welcome!

If you're living in Melbourne, or have family and friends there, the latest lockdown news is obviously not what any of us wanted to hear. We're keeping our fingers and toes crossed that an extra seven days is all that's needed to get on top of this latest outbreak.

In the meantime, we've brought you an issue packed with things to make you feel good – the importance of **music for health and wellbeing**, **staying cosy and warm at home** this winter and **some of the other things** (apart from exercise and healthy eating) you can do to look after your overall health. We've also got a **delicious recipe** for you to try, something to **make you smile**, and details of exciting new events to put in your diary.

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

Rob Anderson – CEO

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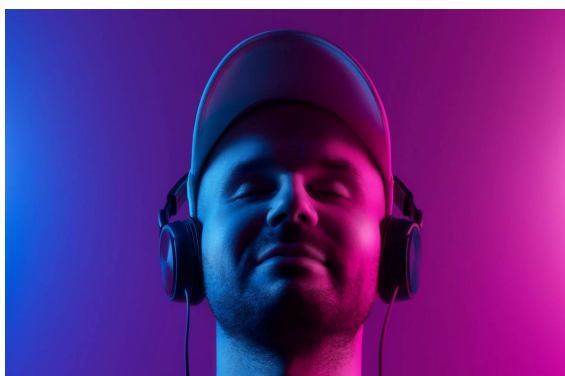
## Winter is here

And it's getting really cold out there! So what can we do to stay warm and keep the costs down as much as possible? Here are our **top tips**.



### Vale Joan Cotton

Last week we said goodbye to one of our valued volunteers. Joan dedicated 17 years to Musculoskeletal Australia in various volunteering positions. She'll be greatly missed and our thoughts go out to her family and friends.



### Pump up the volume

Music is a powerful force but we rarely think about it – it's always there. But DYK music can improve our mood, help us focus, get motivated and even ease our pain? We **take a closer look** at the power of music.

### Ready, set...walk!

Dust off your runners and get ready to join us for Walk in July for MSK! **Register in June** to go into the draw to win a Peninsula Hot Springs 'Dine & Bathe for Two' valued at \$270!



### Impossible quiche

An impossibly easy mid-week dinner, **this quiche** makes its own crust without the need



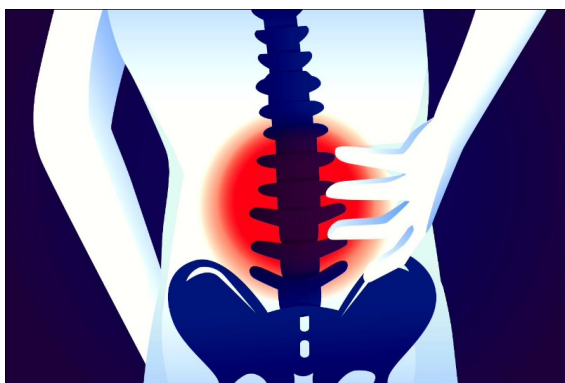
for pastry.

## 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](#).

## There's more to life...

Being active and healthy eating are vital for good health. But there's more to life when it comes to living well with a musculoskeletal condition. We explore [some of the other things](#) that can help you manage your condition.



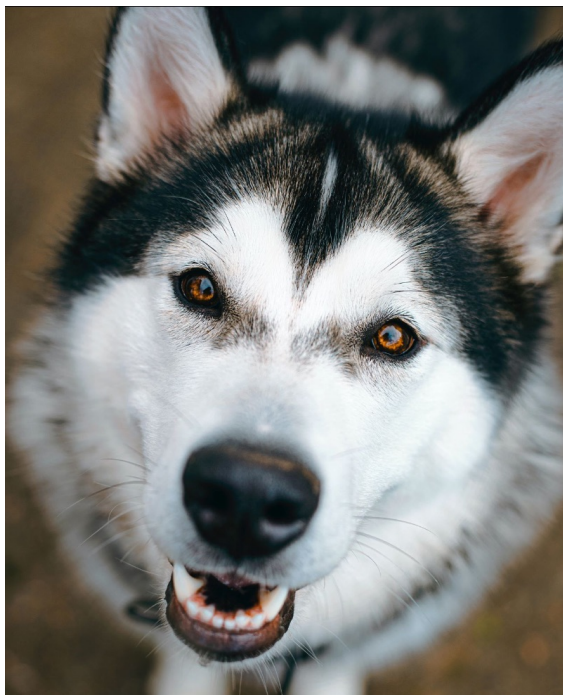
## Make sense of back pain

If you have back pain, you're not alone. It's the leading cause of disability and can affect many aspects of your life. Join us for our free online Koadlow Community Lecture on 15 Sept, as Prof Peter O'Sullivan makes sense of back pain, busts common myths, and provides some practical information. [BOOK NOW](#)

## We need your help

In response to our consumer survey, many people told us they experienced financial stress as a result of having a musculoskeletal condition. And that they want to reduce the impact their condition has on their lives but need the resources to do so. That's why

we're developing a suite of online resources to provide support. Will you please help by **making a donation** by 30 June to ensure people have FREE access to these self-care resources?



### Smile!

Watch this clip for a laugh out loud, completely joyful conversation between man's best friend and a toddler.

### STAY CONNECTED WITH MSK

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