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MUSCULOSKELETAL
AUSTRALIA

MSK News

*The news you can use
delivered to your inbox every fortnight*

14 January 2021

Happy New Year! I hope you all had a wonderful and restful holiday period and were able to spend some quality time with your family and friends. We all deserved it after the year that was.

Our staff, board and volunteers look forward to an exciting 2021 - *though we hope for a few less unprecedented events than 2020!* - and to providing you with the quality information, support and advocacy you need to live well with musculoskeletal conditions.

Take care, keep safe and enjoy our latest issue of MSK News.

Rob Anderson - CEO



Here comes the sun!

It's warming up all over the country, and that means getting out with our family and friends and enjoying some much needed fun in the sun. But the Australian sun can be harsh so [check out our tips](#) to stay safe in the sun this summer.

Kick start the new year!

We've got some great FREE webinars coming up, so don't miss out, register your place today. There's something for everyone including: your rights at work, pregnancy and arthritis, diet, exercise and OA, pain management, inflammatory arthritis and more. Wow, it's going to be a big year! You can book for the whole series or choose the topics that speak to you. But don't miss out! [Book your spot now.](#)

You can also view the recordings of all of our webinars from 2020 that you may have missed. We featured topics such as lupus, scleroderma, mental health, staying on your feet and loads more. [Visit our YouTube channel](#) to see the full range.

The not so sweet truth about sugar

A diet high in sugary foods can increase muscle and joint inflammation, and cause many other health issues. We take a look at the delicious, but bittersweet world of sugar and give you some [easy ways to reduce your sugar intake.](#)



Contact our Help Line

If you have questions about things like managing your pain, your musculoskeletal condition, treatment options, COVID-19, telehealth, or accessing services be sure to call our nurses. They're available weekdays between 9am-5pm on 1800 263 265; [email](#) or via [Messenger](#).



Portobello mushroom burgers

This recipe was created by Melissa Jones an Accredited Practising Dietitian who works in the aged care and disability sector. Melissa has kindly volunteered her expertise and knowledge to help us bring our readers healthy and nutritious recipes. We can't wait to [try this burger!](#) It looks delicious!

Planning for a healthier future

Have you ever thought about leaving a gift in your Will to Musculoskeletal Australia? Sandra has done just that: *“In the end, it’s all about helping others – showing them that I care. It feels good to have made plans to help people after I’ve gone.”* A gift in your Will is a lasting legacy that will have a significant impact on the many people who turn to us in their time of need. If you’d like to learn more, read our [Wills & Bequest booklet](#).



Make a splash with water exercise

Regular exercise is essential for managing musculoskeletal conditions. It helps reduce pain and stiffness, and improves joint mobility and strength. But when you’re in pain, exercise can feel like the very last thing you want to do. So what to do? [Just add water!](#)

Va va vroom!

You could win an Audi SQ5, fuel for a year and cashable gold worth \$125k! Better yet, while you're feeling the wind in your hair you'll also be feeling warmth in your heart, knowing that you've helped us support those who need us most. [Get your raffle ticket today](#) and you're in with a chance!



Smile!

This happy doggo has turned a game of fetch into an extreme sport by adding some [slip ‘n’ slide action](#).



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