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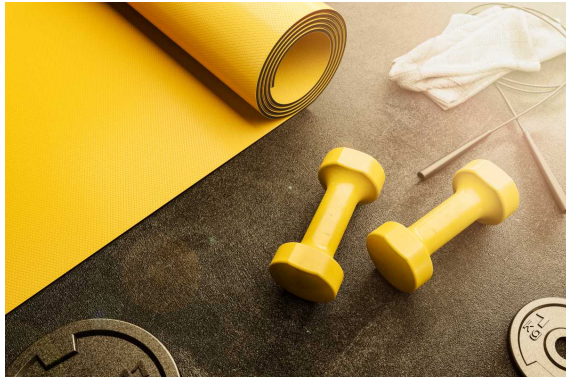
It was with a touch of sadness that I informed our Board of my difficult decision to resign from my role as CEO of MSK.

After five wonderful and sometimes challenging years, the time was right for a change. I'll be forever grateful for the support of our outstanding team at MSK, who've achieved so much during this time.

From changing our name and brand, distributing the largest survey of people living with musculoskeletal conditions, establishing our Reconciliation Action Plan, implementing free access to webinars, re-establishing the Consumer Advisory Committee, establishing the national awareness event 'Rattle Ya' Bones Day', committing to a model of self-care, helping consumers through our nurse-led Help Line, and participating in research and advocacy efforts. This, and so much more, was achieved by a team I've been incredibly proud to have been part of.

I want to thank all who've supported MSK during my time. I encourage you to continue that support, as many Australians still need our help. I wish everyone the best of health and happiness. Thank you.

Rob Anderson, CEO



Strength training

Are you getting your weekly dose of strength training? The govt guidelines recommend adults do at least two sessions per week. But what is strength training? And do you have to join a gym to do it? [We take a look.](#)



Sometimes it IS lupus

The TV show House created a meme about lupus that highlighted the complexity of the condition and just how difficult it can be to diagnose. [Find out about lupus.](#)

 Pfizer This issue is proudly sponsored by Pfizer.

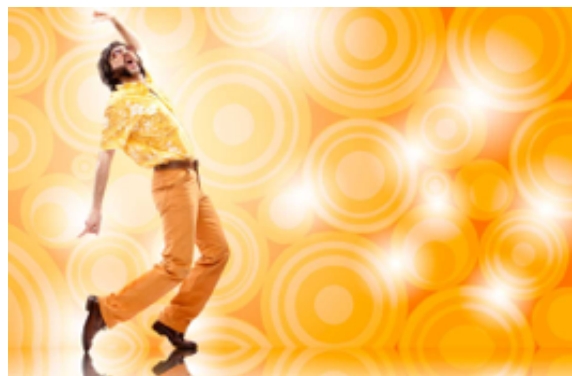
NEED HELPFUL RESOURCES FOR OTHER HEALTH CONDITIONS?

VISIT: [TALKINGYOURHEALTH.COM.AU](https://talkingyourhealth.com.au)



Hit the road in this beauty!

A \$10 ticket is all it takes for your chance to win this \$250k first prize pack which includes a \$160,693 BMW X5 xDrive 45e Hybrid SUV and over \$89k in cashable gold! Don't miss your chance - [get your ticket here.](#) Raffle closes 16 March 2023.



Let's dance!

Bored with your usual exercise program? Why not throw some [dancing into the mix?](#) It's a fun, expressive and social way to exercise. And you get to listen to some great tunes at the same time!



Spicy mayo tuna cheese sandwich

Kitty's [tuna sandwich](#) packs a spicy punch with this mayo and sriracha combo. And it's rich in protein and omega-3.



Healthier beans on toast

This is Lauren's [healthier take on the classic beans on toast](#). It's full of protein, fibre and flavour, and is quick and easy to make. Perfect for a lazy Sunday for brunch.

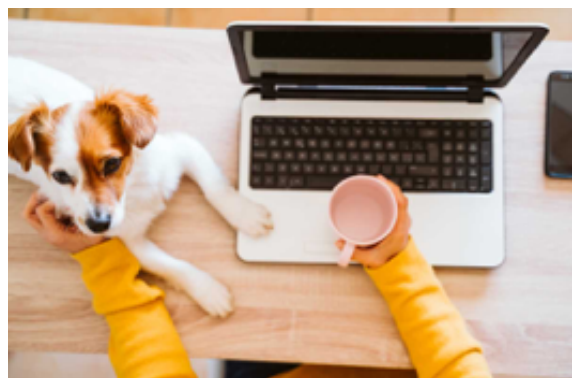


We want to say a fond farewell to Lauren, our resident Registered Clinical Nutritionist, who volunteered her time to create many delicious and healthy recipes for our newsletter. We wish her all the very best in the future. You can check out her recipes, and the many others created by volunteers and staff on [our recipe page](#).



Join our Consumer Advisory Committee

MSK's Consumer Advisory Committee (CAC) plays a vital role in supporting our Board and management on the strategic direction and future planning of the organisation. The CAC



Check out our free consumer webinars!

We've got some great speakers and topics lined up for 2023. And because they're online, you can learn from the comfort of your own home. [Find out about](#) medicinal

is seeking additional members and would love to hear from you! [Find our more.](#)

cannabis, RA, neck pain and more.



WORD Day

Did you know that children and babies can be diagnosed with arthritis? As the Australian Ambassadors for [WORD \(World yOung Rheumatic Diseases\) Day](#), @Musculoskeletal Australia are raising awareness of juvenile arthritis and other musculoskeletal conditions that affect children. Take a look [at our resources for kids and families.](#)

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