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Hello!

Do you like walking but find this colder weather makes it more challenging? We've got [some tips to help you](#) get out there. And if you have knee OA, find out about [treatments that really work](#) (and some that don't).

Kitty and Sharini's latest recipes - [seafood risotto](#) and [muesli bars](#) - are tasty and really easy to make. Winning! What more could you want from a weeknight dinner or a school snack?

And like you, we were excited to see the latest Federal budget put such emphasis on health, with substantial investments in Medicare and bulk-billing. We look forward to seeing this rolling out soon.

Finally, there's still time to support our tax appeal. [Donate by 30 June](#) to help make a difference to the lives of young Australians living in pain.

Thank you, and have a wonderful week!

Lisa Bywaters, Content and Knowledge Manager

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### Walking in a winter wonderland

It's not quite winter yet, but it sure feels like it! And if you love to get outdoors and walk, staying motivated can be a little tough when it's wet and wintry. But [we've got some tips](#) to help boost your motivation, stay active and even come to relish the experience of walking in colder weather.



### Time is running out

Almost 10,000 young Australians struggle with debilitating pain. Don't let pain take away the joy of childhood and youth. Please donate to our tax appeal by 30 June so we can provide resources for pain management, awareness, and create a community to show people they're not alone. [Donate securely here.](#)

**NATIONAL** 15-21 MAY 2023  
**VOLUNTEER**  
 THE CHANGE MAKERS WEEK

We love our volunteers and couldn't function without them! They play an essential role at MSK - from taking calls on the Help Line, to providing recipes for this newsletter, serving on our Consumer Advisory Committee, and so much more. This National Volunteer Week, we thank our volunteers for their generosity, commitment and dedication to supporting people with musculoskeletal conditions. **Thank you!!**



### What works for dodgy knees?

If you have osteoarthritis (OA) in your knees, find out about the most [effective treatments](#) to help you manage pain and stiffness.



### Seafood risotto

Craving the warm, gooey goodness of risotto without the usual risotto hassle? Then Kitty's [quick and easy recipe](#) is just what you're looking for.



## National Arthritis and Back Pain+ Help Line

If you have arthritis, back pain, fibromyalgia, gout, osteoporosis, or another musculoskeletal condition, our nurses can help. Call our Help Line for info and support to manage your condition. Best of all, it's free! Call 1800 263 265, weekdays from 9am to 5pm (excluding public holidays), or email [helpline@msk.org.au](mailto:helpline@msk.org.au)



## Healthy homemade muesli bars

Shalini's [tasty, chewy bars](#) are packed with healthy ingredients. Perfect for school lunches or for a cheeky afternoon snack. Once you try them, you'll never buy sugary store-bought bars again!



## Lounge and learn

DYK, we have an enormous library of [webinar recordings](#) that you can watch from the warm comfort of your couch? Learn more about sleep, pain, shoulder problems, complementary therapies and more.



## Let's wrap this up!

Find out about [low-level continuous heat wraps](#) - what they are, how they work and potential benefits for people with musculoskeletal conditions.



## Dragon Talks

Join our friends at Dragon Claw for free weekly online meetings. Meet and chat with others affected by autoimmunity (patients and companions). Contact [Charmaine@dragonclaw.net](mailto:Charmaine@dragonclaw.net) or visit their [website](#).

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