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Hello to all our valued Musculoskeletal Australia supporters!

Welcome to the new year! However you chose to celebrate I hope everyone had a relaxing and fun filled festive season.

2024 is off at a cracking pace and we are almost at the end of January. There are some really important things to be done before the 31st...the BIGGEST of which is to please ensure you take the [National Musculoskeletal Consumer Survey](#) before it closes, and to encourage everyone you know that lives with or cares for someone with a musculoskeletal condition to jump online and have a say!

Another TO DO is to head to the Musculoskeletal Australia website and check out the amazing suite of [Self-Care Plans](#) we have recently released. Also be sure to give us (and the Self-Care plans) a shout out across all your social media platforms. These plans are practical, easy to use and valuable tools to assist you in driving your health care management.

As the new year takes hold, MSK is busy setting goals, and working on a range of exciting projects, programs and initiatives for 2024.

We are always needing volunteers with different skills and interest to help support the work we do. Over the next few weeks we will be reaching out to encourage all supporters to consider volunteering some time and expertise to work with us on various projects.

We are really excited about the year ahead and hope you will continue supporting us to improve the lives of all Australians living with musculoskeletal conditions.

Regards
Helen Jentz
Chief Executive Officer



Setting achievable goals

Did you start 2024 with a list of resolutions? Eating more healthfully, exercising regularly, learning a new skill, changing careers? If so, you're not alone. For many of us the resolve fades quickly. We look at some [simple ways](#) you can live your life and still achieve your goals.



Self-care for health!

We're pleased to announce the release of self-care plans for RA, JIA, back pain, axSpA and PsA. Thanks to grants from AbbVie and UCB, these easy to understand and practical self-care plans were developed in collaboration with consumers and healthcare professionals. Click [here](#) to learn more.

Musculoskeletal Consumer Survey

CLOSING SOON

**Take the survey
before it closes on
31 January, 2024**

Click [here](#) to take the survey and go in the draw to win one of four \$250 online gift cards

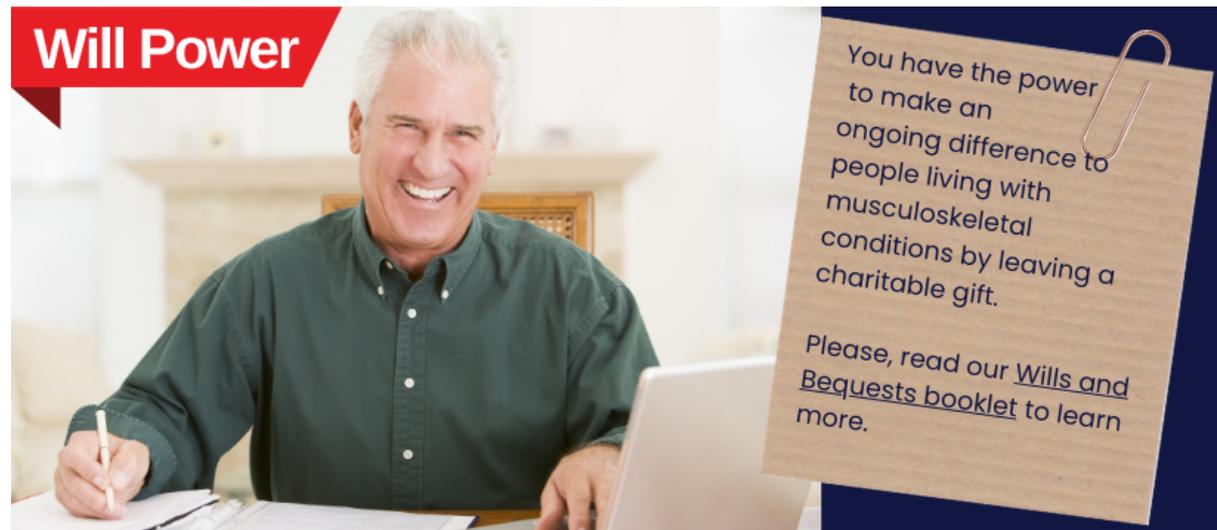


How to manage your weight

Sometimes pain can interfere with a desire to eat. A missed meal or takeaway food every now and then is generally not so bad. But if it happens regularly, you won't get the necessary nutrients your body needs. And you could start to lose or gain weight. [Here's some suggestions](#) for managing your weight.

Should I take a break from booze?

With the festive season behind us, many of us feel we may have slightly over indulged in our alcohol consumption. It may be time to take a break while you assess your relationship with booze. We've put together [some tips](#) to help you put a pause on the plonk.



Call 1800 263 263

Do you have questions about dealing with pain, your condition, treatment options or accessing services? Our nurses on the **free** National Arthritis and Back Pain+ Help Line are ready to provide support tailored to your needs. You can also drop them an [email](#).



Check out our 2024 webinar series

We have a fantastic line-up of free consumer webinars covering various topics. Specifically designed to support people with musculoskeletal conditions, our webinars are presented by leading health professionals. [See here](#) for more details and to register.



Stir it up!

Kitty kicks off this year's recipes with this quick, easy and oh-so tasty chicken and mushroom stir fry. Why not give it a go tonight - the family's sure to love it! You can find the recipe [here](#).



All that glitters is gold!

What would you do with a cool quarter million suddenly in your hands? Maybe a new luxury car, dream holiday or spoil friends? [Grab a ticket](#) in our first raffle for 2024 for a chance to win this \$250,000 gold bullion first prize.

TURN-A-KEY



KEY TURNERS

MSK Exclusive Offer

Aussie-designed Turn-A-Key key turners are perfect for turning keys with more grip points than any other key turner of its size. Made with 100% recyclable ABS materials, the bright designs help to locate keys quickly and fit on most standard keys. Each come with a 2yr guarantee. 10% off in Jan & Feb exclusive. Shop [here](#).

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