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Hello to all our valued Musculoskeletal Australia supporters!

The end of February is already here and there has been a lot going on at Musculoskeletal Australia. The 2024 Community Webinar series kicks off on Tuesday 27 Feb at 7pm AEST with the fantastic Dr Adam Rischin. The topic, as always, is focused on giving people impacted by conditions like psoriatic arthritis information and tools that support you to actively work with your health care team to better manage your condition. Make sure to [register](#) NOW for this and all the Community Webinars we have scheduled for the year! This leads me to another great suite of tools the Musculoskeletal Australia Team recently released. Check out our Psoriatic Arthritis (PsA) self-care plan along with the other self-care plans that address a range of conditions. The self-care plans put you in the driver's seat when it comes to understanding and managing your musculoskeletal health. Download the [self-care plans](#) NOW.

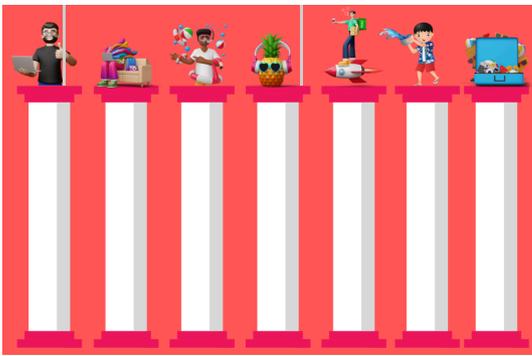
Finally a HUGE thank you to all of those who took the time to participate in and provide personal insights into living with musculoskeletal conditions through our National Musculoskeletal Consumer Survey. We surpassed all our expectations and are now deep into analysing over 6400 responses. The full report is due to be released later this year.

That's it for now. Please make sure you forward our MSK News onto anyone you know who might benefit from the services and support we provide and help us to build better musculoskeletal health for ALL Australians.

Until next time.

Helen Jentz

Chief Executive Officer



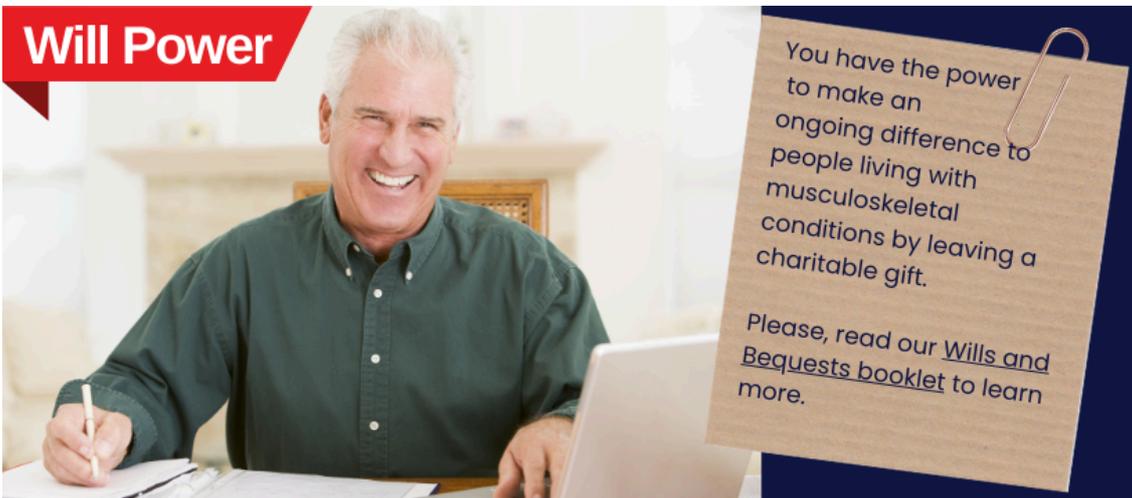
## We have a plan!

Our psoriatic arthritis (PsA) self-care plan is an essential tool to support you as you navigate your experience with PsA. It has been designed to help you understand your condition, learn about treatment options, working with your health care team, and more. [Read the plan here.](#)



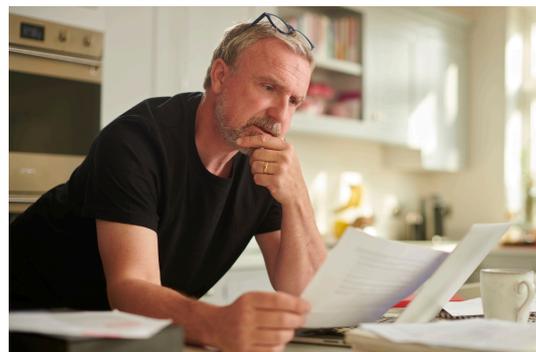
## Have you registered?

[Book your spot](#) for our free webinar 'Diagnosis and management of psoriatic arthritis' to be held on Tuesday, 27 February at 7pm AEST. Dr Adam Rischin will discuss the key features of psoriatic arthritis, including the main symptoms, tests that can assist diagnosis and treatments available.



## Stress-free dressing tips

Getting dressed when everything hurts can pose quite a challenge for people living with chronic conditions. We've put together some [practical strategies](#) to take the stress out of getting ready for the day.



## Living with chronic expenses

Many people don't understand the financial costs associated with having chronic conditions. Healthcare costs, employment...not to mention all the hidden costs. [Read more.](#)

We're excited to share that over 6,000 people took part in the National Musculoskeletal Australia Consumer Survey. **Thank you!** The four lucky winners of a \$250 e-gift card are:

- B. Ritchie NSW
- C. Stacey TAS
- A. Wood NSW
- T. Dunne NSW



### Add some spice

You'll be wanting to try this sensational staff favourite recipe for tonight's dinner from our volunteer Kitty. [Check out](#) her recipe for this tasty Thai chicken yellow curry paired with roti or rice...it's sure to delight, the whole family will be asking for more!



### Interested in volunteering?

Whether you're looking for an ongoing commitment or can only spare a few hours, we'd love to hear from you. Simply [email us](#) your resume so we can match you with an opportunity that meets your skills and interests.

## 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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