



Dear MHA Supporters,

You don't have to read the daily headlines to know how challenging 2024 has been for many Australians. The cost of living crisis is having real and significant impacts on many, particularly on their health and well-being. These challenges also impact organisations like Musculoskeletal Health Australia (MHA) that are dedicated to delivering **essential free services and support**. Free services like our B.A.M. (Back pain, Arthritis and Musculoskeletal conditions) Helpline, staffed by an accredited healthcare professional, and free support like our suite of self-care plans, information and fact sheets, and webinars. That is why our fundraising, donations and bequest programs are so essential to our activities. Your generosity ensures we can do **MORE** to deliver a greater range of services and support that provides knowledge, choice and connection for all Australians whose quality of life is negatively impacted by musculoskeletal conditions.

As we draw to the end of the financial year, we are on the way to achieving our 2024 Tax Appeal target of \$100,000 but there is still a way to go. ***That is why I am once again asking for your help.*** The 2024 **Got Your Back** Tax Appeal will enable us to develop services and support for the millions of Australians living with the debilitating impacts of back pain - including loss of income, loss of independence and social isolation. [Your donation](#) will ensure that everyone - you, your family, your friends and your community - have access to essential free services and support for better musculoskeletal health and well-being.

Musculoskeletal Health Australia has 'got your back'!

Helen Jentz
Chief Executive Officer

* Please note all donations \$2 and over are tax deductible.



2024 'Got your back' Tax Appeal

Help FIGHT back pain NOW

I'm donating because
I've got your back!

**Musculoskeletal
Health Australia**
Knowledge. Choice. Connection.



Connective (t)ISSUES

Psoriatic arthritis explained

Psoriatic arthritis (PsA) can affect anyone and there are a number of treatment options available. [Read more](#) about this update, MHA resources and how we can help.



The microbiome and you

[Join](#) our FREE webinar on 31 July where Conjoint Prof Marissa Lassere will review the methodology that has been developed to evaluate the human microbiome.



Brrrr - it's cold out there

There's nothing more tempting than to spend a lazy weekend at home snuggled up in our cosy warm homes. But with the ever rising energy costs, hard decisions need to be made on how to budget. We've got [some suggestions](#) on how you can stay warm and keep costs down.



Staying on your feet

Did you know that falls are Australia's largest contributor to injuries that require a stay in hospital? Falls can happen anywhere and to anyone, but a fall that lands you in hospital is more common in older people and more likely to occur in the home. [Read more](#) about how you can reduce your risk of a fall.



Did you miss our webinar?

If you weren't able to catch the Diagnosis and management of axial spondyloarthritis webinar earlier this month, the recording is now available for [viewing](#). Understand how this condition is diagnosed and managed.



Do you have low back pain?

Our friends at University of Sydney invite you to take part in their study designed to explore the complete healthcare experience of people with low back pain. Visit [here](#) for more information or [email](#) Alessandra.



Last chance!

Don't miss your chance to win the \$250K First Prize Pack which includes a \$115K VW campervan, \$120K in cashable gold bullion and over \$14K in shopping vouchers! [Grab your \\$10 tickets today](#). **Raffle closes Thursday 13 June 8pm AEST.**



Something sweet

This month our volunteer practicing dietitian Kitty, has created this warm and hearty sweet vinegar pork ribs recipe for you and the family to enjoy this winter. You can [create this yummy dish](#) in just 45 minutes and one the whole family will enjoy!

Mealtime and meal prep are a joy again!

Cook and eat with ease using our thick-handled cutlery and kitchen tools. They provide a comfortable grip.

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with code
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