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Dear MHA Supporters,

What a BIG end to the financial year! Whilst we are still finalising the result from our Got Your Back Tax Appeal I want to take this opportunity to say a **HUGE THANK-YOU** to those of you who have given so generously. For those of you still wanting to donate there is time. [DONATE NOW](#) and help us reach our target of \$100,000!

In other 'news', you will be seeing a change over the coming weeks with our regular news updates! New name, new look and great opportunities for you to contribute articles, recipes and other exciting information...so watch this space!

Speaking of MHA News, we would love to hear from you about what you would like to see in our regular newsletters. More of something...less of something or perhaps a whole new column! Let us know your thoughts by emailing us at info@muscha.org

I am also really pleased to announce that the incredible team at [Peninsula Hot Springs](#) has once again come onboard as an MHA sponsor for this financial year. The amazing work they do using geothermal springs to support healing, health and wellbeing is world class - we are very grateful for their continued support.

Finally, our partners at Sydney University are conducting an amazing clinical trial into meniscal allograft transplant surgery and physiotherapy. Part of an international research program, Australia's involvement in this trial is incredibly important. That's why we are encouraging anyone who is interested and fulfils the participation criteria to contact the MeTeOR2 Trial Team as soon as possible to be involved. For more information on this leading world class trial please go to this week's [Connective \(t\)Issues column](#).

Until our next News.

Helen Jentz
Chief Executive Officer

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MeTeOR2 trial

Had a partial meniscectomy over 6 months ago? Still experiencing knee pain? If this is YOU, click [here](#) to see how you can participate in a world class clinical trial.



The microbiome and you

Conjoint Prof Marissa Lassere will present this webinar and review the methodology that has been developed to evaluate the human microbiome. [Register today.](#)



It's time for the women of Victoria to have their voices heard!

Inquiry into Women's Pain

Register now to attend one of Musculoskeletal Health Australia's Focus Groups into Women's Pain

In person Focus Group
Monday 29 July 2024
263-265 Kooyong Road, Elsternwick, VIC 3185.
Session One: 9am to 12pm | Session Two: 1pm to 4pm

Virtual Focus Group
Tuesday 30 July 2024
Session One: 9am to 12pm | Session Two: 1pm to 4pm

[REGISTER NOW](#)



Flares

They can be painful and frustrating while they last, so it's important to have a plan for how to manage a flare when it happens. Read our plan [here](#).



Painsomnia

We've all experienced the dreaded 'painsomnia' - insomnia caused by persistent pain. But there are things you can do to break the cycle. [Read more.](#)

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9 AM -5 PM

BACK PAIN | ARTHRITIS | MUSCULOSKELETAL CONDITIONS

Got a question about any aspect of your muscle, bone or joint health, or live with a musculoskeletal condition?

Call or email us today!

Phone: 1800 263 265

Email: helpline@muscha.org



Closing the gap PBS

[Find out](#) how this program will improve access to affordable PBS medicines for First Nations people living with, or at risk of, chronic disease.



Lupus treatment on PBS

In an exciting update Australians with lupus can access a [new treatment](#) on the Pharmaceutical Benefits Scheme (PBS) from 1 July.



Congratulations to 'D' from Box Hill

We're **SO** excited to announce that 'D' one of our long-time AutoPlay raffle supporters has won the first prize in the last Play for Purpose raffle - taking home the \$250K prize pack!

*"I'm always getting teased about raffles. Now I can say they're definitely worth it!"
"It's even more wonderful that they go towards a good cause."*

The new Play for Purpose raffle is **now open**, so for your chance to win, grab a \$10 ticket today. Sign up as an AutoPlay member and you'll double your chance to win!

[BUY YOUR TICKET HERE](#)

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BROCCOLINI & CAULINI SESAME STIR FRY

Tips for eating well

Spent the first part of winter eating yummy foods? Clothes starting to fit more snugly than you'd like? Now may be a good time to [review your eating habits](#).

Super healthy stir fry

Our wonderful volunteer Shalini's [latest recipe](#) is packed full of nutrients and is quick and easy to make. Great on its own or serve with your favourite protein.

Ready for outdoor adventures?

Footpaths to shopping malls - wherever life takes you, Mobility Scooters ensure you get there in style and with confidence!

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PO Box 130 Caulfield South, VIC 3162
P: 03 8531 8000 ♦ E: info@muscha.org
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