

THE RATTLER

For everything you **MUSCHA** know



25 July 2024 | Issue 83

Dear MHA Supporters,

It's new, it's shiny, it's The Rattler! Welcome to MHA's new newsletter - keeping you up to date with everything you 'MUSCHA' know about musculoskeletal conditions and maintaining good musculoskeletal health.

It is National Pain Week and in this issue we explore how pain can impact your life and explore things you can do that may help you to take control.

What about a Mexican feast for dinner tonight? Ole! Our recipe of the month is a sure fire winner. Also, don't forget to get your Play for Purpose ticket today and make sure you are in with a chance for the Early Bird Bonus draw. You could be a winner like our very own 'D' from Box Hill who scooped the \$250k Prize Pack in June!

A HUGE issue ahead, so let's Rattle(r)!

Until our next news
Helen Jentz
Chief Executive Officer

7 Things to Know



So, what is self-care? Hint - it's not always glamorous!

Laugh for Pain Relief



How a good giggle can ease your pain.

Take a walk



Walk your back to health

Early Bird Bonus Draw **CLOSES 31 JULY**

Win a \$10,000 VISA Voucher*

Grab a ticket by 31 July for the chance to win the \$250K First Prize Pack **AND** you will also be entered into the Early Bird Bonus Draw.

BUY TICKETS HERE

*If winner is a VIC resident, the prize will be a Woolworths voucher

Free Pain Guide



Dive into our A-Z Guide for ideas to help manage pain.

Viva la Mexico!



A classic dish that's the perfect blend of sweet & spicy.

The Impact of Pain



Your mood and your pain, what's the link?

A companion for strolls, trips or travel!

I ♥ ndis **STATEWIDE HOME HEALTH CARE**

At just 4.8kg the **byACRE Carbon Ultralight Walker** is the lightest in the world and uses space-age technology and the best of Danish design.

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Research

My Back Exercise App

DO YOU HAVE LOW BACK PAIN?

1 **SCAN THE QR CODE**

2 **LEARN ABOUT THE STUDY**
HREC Approval No: 2023/HREC00172

3 **REGISTER YOUR INTEREST**

mybackexerciseapp.study@sydney.edu.au

This study has been approved by the Human Research Ethics Committee (HREC) of The University of Sydney (HREC Approval No. 2023/HREC00172).

Low Back Pain Management

DO YOU HAVE LOW BACK PAIN?

Help Shape the Future: Share your low back pain journey with us and contribute to advancing back pain management!

Your story matters! Scan the code or Click the link in this post today.

<https://tinyurl.com/wwkwh1b1BP>

This study is approved by the Northern Sydney Local Health District Human Ethics Committee (2024/ETH00270).

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