

# THE RATTLER

For everything you **MUSCHA** know



15 August 2024 | Issue 84

Dear MHA Supporters,  
It's Tradies Health Month and we all love our tradies! Ensuring good musculoskeletal health as well as knowing how to navigate when you have an injury or condition that might impact your work is so important (and not just for tradies). So in this edition of The Rattler we have some great resources, tools and techniques that will help you in your work environment. And of course, after a hard day's work, who doesn't love a meal of fishy goodness. Our salmon parcel recipe is a phenomenal source of Omega-3, great for reducing inflammation and aiding in joint protection.

Until we rattle again  
Helen Jentz  
Chief Executive Officer

## WorkWise



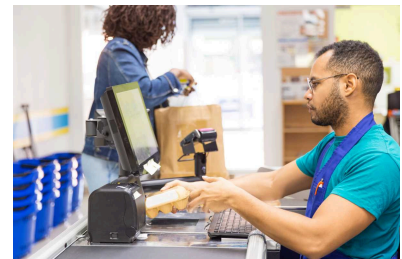
Is your condition affected by your work?

## Your rights at work



Important tips to keep in mind!

## Pain and work



Things you can do to manage!

## The importance of exercise and physical activity for osteoarthritis

Join us as Dr Christian Barton presents this informative webinar on 21 August.

**Register today**

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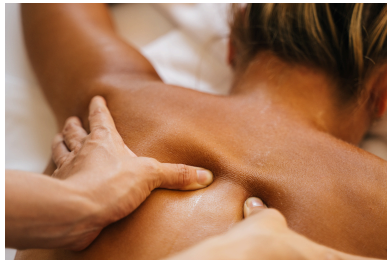
Vale Tricia Greenway

Swap 'ouch' for 'ahh'

Something fishy



Our valued colleague who passed away 8 August.



Who said pain management had to be 'painful'?



Tasty salmon parcels to ensure your Omega-3 intake.

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