

THE RATTLER

For everything you **MUSCHA** know



5 September 2024 | Issue 85

Dear MHA Supporters

Let's talk about women's health. I recently had the honour of facilitating a number of focus groups exploring women's pain. What came out of these discussions is nothing new - women are awesome! Many of those I spoke with chose, out of necessity, to take their health, happiness and well-being into their own hands. They are using their voice and making their choices when navigating the incredibly complex health system. They have continued, in spite of some truly monumental obstacles, to forge a path forward that gives them control of their health journey. So during this Women's Health Week, let's recognise how amazing women are, let's show the women in our lives how much we love and support them. Why not have a lunch date, whip up our fantastic [Japanese Poke Bowl](#), sit down and have a chat about your health and well-being.

And to all our wonderful women supporters remember - It's Your Voice. It's Your Choice!

Until we rattle again
Helen Jentz
Chief Executive Officer

Dicky knee from OA?



You might not need that surgery after all

Get involved

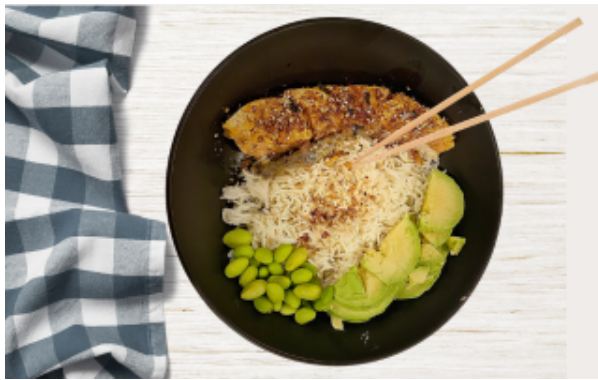


Check out the full program here

Ready to watch



OA - the importance of physical activity



What's for dinner?

How about this flavorful Japanese Poke Bowl. It's a quick and healthy meal packed full of taste!

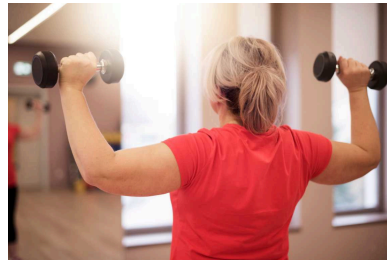
[Click here for recipe](#)

\$250K First prize pack



It could be yours for only \$10! Grab yourself a ticket today

The unseen problem



Osteoporosis: You may not feel any different - until you break a bone

Exclusive offer



Zea is offering new customers 10% off at checkout

Go anywhere with **STATEWIDE HOME HEALTH CARE** QUICKIE's **lightest carbon folding powerchair**

Get \$100 off with code **\$100OFF**

I ♥ ndis

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My Back Exercise app

DO YOU HAVE LOW BACK PAIN?

Researchers from the University of Sydney developed a smartphone app to help you!

- 1 SCAN THE QR CODE
- 2 LEARN ABOUT THE STUDY
HREC Approval No: 2023/HE000772
- 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/HE000772).

Free community event

Free Community Event

The science of why we hurt

Exploring pain's many influences: From science to everyday reality

Re-think. Re-engage. Recover! University of South Australia HEALTHIER. LONGER. BETTER LIVES.