

OCTOBER IS...

MUSCULOSKELETAL HEALTH AWARENESS MONTH



Muscles Bones Joints



12 October 2024 | Issue 89

Dear MHA Supporters,

Happy World Arthritis Day! The theme for this year is **Informed Choices, Better Outcomes** and what better way to celebrate the end of week two of Musculoskeletal Health Awareness Month (MHAM).

Arthritis impacts an estimated 3.7million Australians. People living with arthritis often experience a range of symptoms including pain, swelling, and redness. Arthritis, like all musculoskeletal conditions, can negatively impact the quality of life

Only three weeks to go before our world record attempt for the largest chair-based exercise class ever – The World’s Biggest Sit-In. We are calling on all our MHA supporters to write their name in the history books and participate! Register now at www.wbsi.org.au and help us raise funds, and awareness about the importance of musculoskeletal health and the 150+ musculoskeletal conditions that negatively impact the lives of more than 7 million Australians.

Until next week
Helen Jentz
Chief Executive Officer

A message from our Patron-in-Chief
Professor the Honourable Margaret Gardner AC Governor of Victoria

As Patron-in-Chief of Musculoskeletal Health Australia, I'd like to express my thanks to all members, supporters and volunteers during Musculoskeletal Health Awareness Month.

Most Victorians either have, or know someone that has, a musculoskeletal condition. These

I want to thank Musculoskeletal Health Australia for their dedication in supporting those affected by these conditions and their advocacy for more effective treatment and care.

Finally, I want to wish you the very best for the World's Biggest Sit In – it will make a powerful statement and help raise vital awareness for

and freedom of countless individuals, not to mention the impact on their loved ones.

For too long, musculoskeletal conditions have been neglected—particularly in women.

Musculoskeletal Health Australia’s vision to rid Australians of the negative impacts of associated conditions by 2050 is a bold goal that deserves our full support. On the journey to realise this vision, many lives have already been improved.

Professor the Honourable Margaret Gardner AC Governor of Victoria.



The World’s Biggest Sit In

A promotional banner for 'The World's Biggest Sit In'. On the left, the logo features a red chair icon with a large 'X' over it, and the text 'epijoint. proudly presents THE WORLD'S BIGGEST SIT IN Ready | Sit | Move An initiative of Musculoskeletal Health Australia'. On the right, a blue box contains the text 'Get fundraising! Once you've registered to take part, take the extra step and get your friends, family & colleagues to sponsor your efforts' with the website 'wbsi.org.au' and a small robot mascot icon.

RA, OA and OP – what’s the difference?



RA, OA & OP have similarities in their names, but is that where it ends?

Informed choices, Better Outcomes



Read how we can help you be an active participant in your musculoskeletal health

Delicious honey halloumi fries



Infused with honey, this recipe from our friends at Zea will delight the taste buds!

epijoint, a new innovative product for relieving mild osteoarthritis

Your chance to visit natural geothermal mineral springs

Get relief from mild osteoarthritis



Always read the label and follow the directions for use

- Relieves symptoms of mild osteoarthritis
- Relieves mild joint aches, pains, stiffness + inflammation
- Helps support joint cartilage health + growth
- Supports joint mobility + flexibility
- Improves general health + wellbeing

Available at
CHEMIST WAREHOUSE

[Learn more](#)



Discount for Friends of MHA

Our long term partner Peninsula Hot Springs are offering Friends of MHA a *20% discount on general bathing.

Not yet a Friend of MHA?

[Join today](#)



*Conditions apply

Tune in!

Empowering consumers, medicines, comp meds & musculoskeletal health



Thursday 17 October
7.00-7.45pm
[Register now](#)

Person Centered Value, Based Health Care - Health Care Professional webinar



Wednesday 16 October 12.30-1.30pm
[Register here](#)

Get active with our range of free online chair-based exercise videos



Train for the World's Biggest Sit-In with our free exercise videos

Move How You Feel with epijoint.

[Learn more](#)



Available at
CHEMIST WAREHOUSE

Upcoming webinars

Understand the interplay between menopause and msk health

Pain and perception: A closer look at why we hurt



Wednesday 23 October 12.30pm
Register now to enhance your clinical
practice to support women's health



Thursday 24 October 7.00pm
Book your spot for this insightful
presentation by Dr Dan Harvie



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