

OCTOBER IS...

MUSCULOSKELETAL HEALTH AWARENESS MONTH



Muscles Bones Joints



1 October 2024 | Issue 87

Dear MHA Supporters,
IT HAS ARRIVED! Musculoskeletal Health Awareness Month (or MHAM as we like to call it) has officially kicked off and what a HUGE month it is going to be! All throughout October we will be shining a light on all things 'musculoskeletal', raising awareness and understanding.

Alongside our MHAM mascots Mylo M'Usclé, Jonty T. Joint and Scully S. Keleton, we're asking for your help to set the record for the largest chair-based exercise class ever held. Enter 'The World's Biggest Sit-In' (WBSI) on 31 October! We're inviting everyone to get READY take a SEAT and get MOVING for musculoskeletal health.

There are so many exciting things to tell you about, so head on over to the [WBSI website](#) and register now.

To make sure you are well 'fueled' for all the activities we have planned throughout October, grab your pots and pans and get cooking this week's phenomenal meal - [citrus and native herb cured salmon](#).

Finally, this month would not be possible without the amazing support of our partners. So a big thank you to Epijoint the official partner of the World's Biggest Sit-In, Peninsula Hot Springs, Pfizer and Glen Eira City Council.

So the gauntlet (or is that chair) has been thrown. It is time for you to get READY | SIT | MOVE and be part of the national movement for better musculoskeletal health and well-being!

Helen Jentz
Chief Executive Officer

The World's Biggest Sit In

epijoint. proudly presents
THE WORLD'STM BIGGEST SIT IN
Ready | Sit | Move
An Initiative of Musculoskeletal Health Australia

31 October 2024
A record attempt for the largest
chair based exercise class

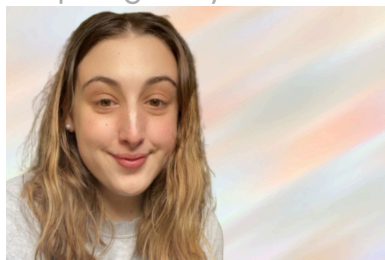
REGISTER TODAY

International Day of
Older Persons 1 October



Today we celebrate
older people in our
community!

Mikayla shares her
inspiring story



Diagnosed with
rheumatoid arthritis at
12 yo was a challenge

Citrus & native herb
cured salmon



Develop your culinary
expertise with this
delicious zesty recipe

Participate at home

Participate in

a record attempt for
the largest chair-based exercise class
from the comfort of home
31 October 2024

OCTOBER IS MUSCULOSKELETAL HEALTH AWARENESS MONTH

Join in the fun!

Host or join an in
person or online

event on October 31
and be part of the record attempt for the largest
chair-based exercise class

OCTOBER IS MUSCULOSKELETAL HEALTH AWARENESS MONTH

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Musculoskeletal Health Awareness Month

Check out the amazing webinars coming up!

Lifestyle choices that
can impact
musculoskeletal health

Person centred value
based healthcare –
Sprink UK

Complementary
medicines and
musculoskeletal health




Prof Rana Hinman presents this year's Koadlow Lecture



A must watch:
Defining values, goals
& making shared
decisions




Register today for this
engaging webinar
with 3AW's Gerald
Quigley




Move How You Feel

with **epijoint**

Learn more



Available at



Low back pain study



Do you have Low Back Pain?

- 40 YEARS OR OLDER?
- PAIN, NUMBNESS OR FATIGUE IN THE BUTTOCKS OR LEGS?
- WORSE WHEN STANDING OR WALKING?
- BETTER WHEN SITTING OR LEANING FORWARD?

NOW RECRUITING PARTICIPANTS

9 STUDY HOSPITALS

ETHICAL APPROVAL: 2019/ETH05003



SUCCESS COULD BE THE STUDY FOR YOU!

MORE INFO IN LINKS BELOW
CONTACT US
BY
CLICKING
BELOW!

Watch this space



<https://muscha.org/events-calendar/>

Later this month

- Exercise physiology
- Menopause
- Osteoarthritis
- Pain
- ...and more



2024 OCTOBER

Musculoskeletal Health Australia

