

THE RATTLER

For everything you **MUSCHA** know



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Welcome to the latest edition of Musculoskeletal Health Australia's - The Rattler!

We're passionate about supporting the health and well-being of Australians living with musculoskeletal conditions. In this issue, we're pleased to share an exciting update on The World's Biggest Sit In, a delicious, yet simple recipe that all the family will love, and some travel tips for those looking to get away this holiday season.

Whether you're a consumer, a healthcare provider, or someone interested in learning more about musculoskeletal health, we hope you'll find this issue beneficial. Thank you for being part of our community as we continue working toward better musculoskeletal health for all.

The MHA Team
Musculoskeletal Health Australia

WBSI - A record breaking success!



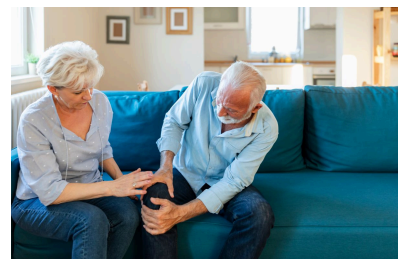
Thanks to all who helped set a new Australian record; your involvement made a huge impact.

Delicious banana, honey & oat pancakes



Pancakes really do make everything better, don't they? Treat yourself this weekend!

An often misunderstood condition



Many Australians experience the tough reality of living with gout, a condition that brings considerable pain and challenges.

Daily living aids for kitchen and dining

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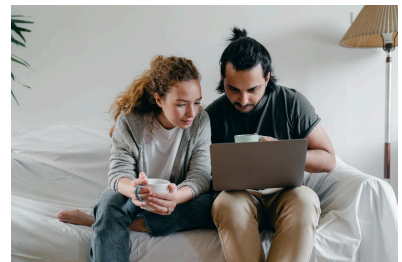
Elevate your next trip from 'meh' to 'marvelous' with our travel tips.

The importance of travel insurance



Planning a trip? It's a smart idea to include travel insurance in your plans.

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