



# PEER SUPPORT

## Pop Up Telelink for People under 30 Living with MS

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**Aim:** To provide an opportunity to share information and support to live well with multiple sclerosis with people of a similar age.

**Audience:** Anyone under the age of 30 who is living with multiple sclerosis



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### THE PROGRAM

A range of guest speakers are invited to share information & insights e.g. MS Nurse, Dietician & Occupational Therapist

**Program:**

- 10 people are connected through teleconference
- 1.5 hours per week
- 6 weeks

**Topics:**

- Managing fatigue and work/study
- Diet and exercise
- Managing Stress

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### DETAILS

Date	Time	RSVP
Tuesdays 12 <sup>th</sup> of November to 17 <sup>th</sup> of December 2019	6.30pm-8pm	Contact MS Connect on 1800 042 138 by 30 <sup>th</sup> of October 2019

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### MORE INFORMATION

If you have any queries please contact MS Connect from 8.30am to 5pm, Monday to Friday:

T 1800 042 138  
E [msconnect@ms.org.au](mailto:msconnect@ms.org.au)

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Please contact MS for more information:

MS Connect™: 1800 042 138

Email: [msconnect@ms.org.au](mailto:msconnect@ms.org.au)

Web: [www.ms.org.au](http://www.ms.org.au)