



An information day about living well with MND: For people with MND and their family and friends

Thursday 21 May 2020

10am to 3pm

Penrith NSW



"Attending Living well with MND was such a valuable experience for all our family. We now feel more confident, informed about our choices and what we can do to make life with MND easier. It was good to meet others in similar situations and we learnt a great deal. A great day!" (Person with MND)

Location

The Macquarie room

Penrith RSL Club

8 Tindale Street, Penrith 2750

The venue is wheelchair accessible.

Lunch, morning tea and refreshments are included. Please let us know if you have special dietary requirements or support needs.

You will learn more about:

- motor neurone disease
- improving the home environment
- living independently at home
- eating well with MND
- equipment that can assist
- communication and MND
- strategies for symptom management
- how to manage breathlessness and fatigue
- finding services and support.

You will also have the opportunity to:

- have your questions answered by a range of local health professionals with expertise in MND
- meet others who understand what it is like to live with MND.

Registration There is no cost for you to attend this program, but you will need to reserve your place. **RSVP by 18 May** Email reg@mndnsw.asn.au or ph. 8877 0999 or 1800 777 175

In 2020 Living Well will also be held in Gosford, Tamworth, Griffith and Ryde

Motor Neurone Disease Association of NSW