

# Living well with MND

Motor Neurone Disease Association of NSW

Tuesday 25 September 2018

10am to 3pm

West Ryde

An information day about living well with MND for people with MND, their family and friends



"Attending Living well with MND was a valuable experience for all our family. It was great to meet others in similar situations. We learnt a lot and were quite surprised to enjoy ourselves as much as we did! We now feel much more aware of our choices and what we can do to make life easier."  
(Partner of a person living with MND)

## Location

The Ryedale Room,  
Ryde-Eastwood Leagues Club.  
117 Ryedale Road West Ryde.  
The venue is wheelchair accessible.  
Parking available on site.  
Lunch and refreshments included.  
Please let us know in advance if you have special dietary requirements.

## Registration

There is no charge for you to attend this program but you will need to reserve your place.

**RSVP by 20 September:** Email [reg@mndnsw.asn.au](mailto:reg@mndnsw.asn.au) or ph. 8877 0999 or Freecall 1800 77175. In 2018 Living Well with MND will also be in Bossley Park, ACT and Wollongong

By the end of the day you will know 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.