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The MS Waikato Trust supports people affected with Multiple Sclerosis and allied neurological conditions; the MS Waikato Trust is affiliated with the MS Society of New Zealand. If you would like further information on our services, please contact us:

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MS Education Evening

Dr Schepel began the evening by reflecting on the fact that when he first started speaking at our education night he felt like he was talking to patients and their supporters, ten years on he said he feels it is like talking with family and friends.

We asked you our MS community, what you would like Dr Schepel to talk about and below is a brief overview of the things we discussed:

Fatigue

- About 80% of MS clients suffer from fatigue.
- Causes can include poor sleep, restlessness, leg spasms.
- No one solution will work for everybody.
- Diet may help.
- Research around Keto diet and MS.
- Weight loss can help mobility and activity, which can decrease fatigue.
- Supplements: check vitamin's B12, Vitamin C, Vitamin E, Vitamin D and iron levels, supplements may help.
- Caution with Vitamin D as you can overdose.
- Manage general living; activity is very important but find balance and build up. Support from a physio or occupational therapist (OT) - organising, pacing and making tasks easier.
- Medication may help, discuss with your neurologist.

Risks of getting MS

- Low Vitamin D levels, smoking, infection, environment (being brought up further away from the equator).
- Pregnant mother low in Vitamin D, there is an increased risk to the baby.
- Help children to avoid MS by maintaining a healthy diet, good Vitamin D levels and not smoking around them.

Medical cannabis

- Can be effective for some people with pain/spasms but caution is required.
- Cost can be a prohibitive factor.
- Discuss with your neurologist.



Dr Schepel

Covid vaccination

- Everyone should get the vaccination regardless of if they are on medication or not.
- It may be less effective if you are on Fingolimod or Ocrelizumab but still beneficial to have.
- If you are on medication, discuss timing of the vaccination with Karen Clark.

Is there a cure?

- Dr Schepel pointed out that the medications we have available can stop the progression therefore they are similar to a cure.
- There is lots of research, with more treatments being developed, particularly remyelination therapies so there is hope for the future. There is also research into pre symptomatic diagnosis.

Karen Clark spoke briefly about her Masters study, she looking at shorter infusion times for MS clients on Ocrelizumab as per latest data. Karen said she feels privileged to share the journey with her MS clients.

Dr Schepel reminded us not to blame everything on MS and that life is for living and enjoying.

Multiple Sclerosis and Fatigue

Fatigue is not the same thing as tiredness. Tiredness happens to everyone - after certain activities or at the end of the day. Usually you know why you are tired, and a good night's sleep solves the problem.

Fatigue is a daily lack of energy. It's unusual or excessive whole-body tiredness not relieved by sleep. It can be acute (lasting a month or less) or chronic (lasting from 1 to 6 months or longer). Fatigue can prevent you from functioning normally and affects your quality of life.

According to the National Multiple Sclerosis Society, 80% of people with MS have fatigue. MS-related fatigue tends to get worse as the day goes on, is often aggravated by heat and humidity, and comes on more easily and suddenly than normal fatigue.

What Can I Do About MS-Related Fatigue?

The best way to combat fatigue related to your MS is to treat the underlying medical cause. Unfortunately, the exact cause of MS-related fatigue is often unknown, or there may be multiple causes. But there are steps you can take that may help to control fatigue.

1. Look at your personal situation.

Evaluate your level of energy. Think of your personal energy stores as a bank. Deposits and withdrawals have to be made over the course of the day or the week to balance energy gained and spent. Keep a diary for 1 week to identify the time of day when you are either most fatigued or have the most energy. Note what you think affects your fatigue.

Be alert to your personal warning signs of fatigue. Fatigue warning signs may include tired eyes, tired legs, whole-body tiredness, stiff shoulders, decreased energy or a lack of energy, inability to concentrate, weakness or malaise, boredom or lack of motivation, sleepiness, increased irritability, nervousness, anxiety, or impatience.

2. Conserve your energy.

Plan ahead and organize your work. For example, change storage of items to reduce trips or reaching, delegate tasks when needed, and combine activities and simplify details.

Schedule rest. For example, balance periods of rest and work and rest before you become fatigued. Frequent, short rests are beneficial.

Pace yourself. A moderate pace is better than rushing through activities. Keep sudden or prolonged strains to a minimum. Alternate sitting and standing.

Practice proper body mechanics. When sitting, use a chair with good back support. Sit up with your back straight and your shoulders back. Adjust the level of your work, and do it without bending over. When bending to lift something, bend your knees and use your leg muscles to lift, not your back. Do not bend forward at the waist with your knees straight. Also, try carrying several small loads instead of one large one, or use a cart.

Limit work that requires reaching over your head.

For example, use long-handled tools, store items lower, and delegate activities whenever possible.

Limit work that makes muscles tense.

Identify environmental situations that cause fatigue.

For example, avoid extremes of temperature, eliminate smoke or harmful fumes, and avoid long hot showers or baths.

Prioritize your activities. Decide which activities are important to you and which ones could be delegated. Use your energy on important tasks.

3. Eat Right

Fatigue is often made worse if you don't eat enough or if you don't choose the right foods. Maintaining good nutrition can help you feel better and have more energy.

4. Exercise

A drop in physical activity, which may be the result of illness or of treatment, can lead to tiredness and lack of energy. Scientists have found that even healthy athletes forced to spend extended periods in bed or sitting in chairs develop feelings of anxiety, depression, weakness, fatigue, and nausea. Regular, moderate exercise can keep these feelings away, help you stay active, and give you more energy.

5. Learn to manage stress

Managing stress can play an important role in combating fatigue. Here are tips to keep stress in check:

Adjust your expectations. For example, if you have a list of 10 things you want to accomplish today, pare it down to two and leave the rest for other days. A sense of accomplishment goes a long way to ease stress.

Continued on page 3

How to manage winter with MS

Continued from page 2

Help others understand and support you. Family and friends can be helpful if they can “put themselves in your shoes” and understand what fatigue means to you. Support groups can be a source of comfort as well. Other people with MS understand what you are going through.

Try relaxation techniques.

Audiotapes that teach deep breathing or visualization can help ease stress.

Do things that divert your attention away from fatigue. For example, knitting, reading, or listening to music don't use up physical energy but require attention.

If your stress seems out of control, talk to your doctor. They are there to help.

When Should I Tell My Doctor About My Fatigue?

Although fatigue is a common symptom of MS, you should feel free to mention your concerns to your doctors. There are times when fatigue may be a due to another medical problem. Other times, there may be medical interventions that can prevent fatigue.

<https://www.webmd.com/multiple-sclerosis/ms-related-fatigue>

Eat right

Winter months are filled with reasons to stay inside. With the weather keeping us inside, there are many opportunities to overeat.....winter foods tend to be comfort foods. This means that we are going to be consuming more calories than we do the rest of the year. However, managing your food consumption, especially during the winter months, can make you feel better overall.

Eating Tips:

- Portion Control – have awareness of meal size and eating smaller portions. Skipping meals can lead to binging later in the day. Larger portions can increase fatigue.
- Eat Fresh – fresh fruits in vegetables are lower in calories and sugar. Fruits and vegetables also help keep your body regulated. Fresh meat as opposed to frozen or microwave option is also better because of the amount of preservatives added to frozen meals.
- Hydrate – did you know that the body often confuses hunger with dehydration? If you drink the appropriate amount of water, you will be less hungry.

Exercise

Just because it is cold and the weather isn't perfect, doesn't mean you should stop exercising. Exercise and nutrition are two of the best natural ways to manage your MS. Exercising should be a part of your regular routine, even if it takes a while to get back into a routine, it is well worth it.

Exercise Tips:

- Join the MS Waikato exercise class - Professional instruction and support on a Monday and Wednesday morning at Anytime Fitness, Hamilton Central. Contact Liz or Karen for more information.
- Come along to the MS walking group, led by Lisa Andrew the group meets every Saturday morning – rain or shine to walk around Lake Rotoroa (Hamilton Lake). Again, for more information contact Liz or Karen.
- Join an alternative Gym – gyms offer classes like, yoga, that can help you stay active with MS. Yoga is great because you can do it at your own pace and skill level. Tai Chi is also another option. Gyms also have nautilus equipment, which provide better stability than traditional free weights.
- Home Workouts – if you are unable to get out to a gym there are things that you can do around the house. Yoga, as previously mentioned, can be done at home. There are good DVD or online resources that can show you how to get started. There are also light exercise routines that can be done around the house. MS Auckland have recorded a series of online exercise programmes with Gilly Davy - neurological physiotherapist, you will find these on their website - <https://www.msakl.org.nz/exercise-videos-with-gilly-davy/>.
- Movement is the Key – it can be very concerning to lose functionality or movement. Any exercise you can do, including taking a daily walk, is so important. If you do get out and walk, make sure that you have the right footwear for the season.

Each season has its own set of unique challenges. Minimizing falls risk, eating right and exercising are good strategies for being prepared for winter with MS and to enjoy the cooler weather.

Article adapted from the original article from MS Focus Magazine and MS Society of NZ.

MS risk and relapses: Unlocking new clues from our genes

- Two new studies investigated MS genetics to discover new clues to explain the pathology of the disease.
- The first study examined how the genes that affect the risk of developing MS can change the brain and the immune system.
- The second study looked for genes that affect how often MS relapses occur.

Over 200 genes can increase a person's risk of developing MS, but we don't fully understand how. We also don't know if genetics can affect how often MS relapses occur. MS Research Australia funded researcher, Dr Yuan Zhou, is seeking to unlock the mysteries of MS biology hidden in our genetic code. His new study published in *Multiple Sclerosis Journal* investigated how genes make a person more prone to developing MS.

Genes and MS risk

Our genes are the DNA code or recipe to make proteins in our body. These proteins are amazingly diverse and control essential

functions in the body. These include hormones like insulin, structural proteins like collagen, or proteins that help conduct nerve impulses. Each cell in our body contains all of our genes, but only some are switched on to make proteins needed for each body tissue, organ or system to function.

There are subtle differences between individuals in the DNA code. These differences can cause changes in protein structure, but often they just change how much of the protein is made or how it is processed. Sometimes these differences can make our bodies more prone to disease. So far, we know very little about how genes can make a person more prone to developing MS. To answer this, Dr Zhou investigated further into the immune system (which causes the damage in MS) and the brain (the target of the damage in MS).

Do genes make the immune system or brain more prone to MS?

To begin working out how genes increase the risk of MS, Dr Zhou

conducted a mass screening of thousands of genes in immune cells and brain tissue of hundreds of people with MS. He looked to see if any genes that affect the risk of developing MS caused changes in these key systems.

Specifically, he looked to see if the MS risk genes were more switched on or off than normal. From this mass screening, Dr Zhou identified two MS risk genes that were more switched off in the immune system, compared to the same genes without the MS risk-associated DNA changes.

One of these genes, called TNFSF14, encodes a protein thought to help guard against herpes virus infections. There are two herpes viruses known to increase the risk of developing MS: Epstein-Barr virus (EBV) and human herpes virus 6 (HHV-6). The MS risk-associated variant of TNFSF14 is more switched off than "non-MS" TNFSF14 gene variants. This may result in less protection from herpes virus infections in people who carry this gene.

The other MS risk gene that was different (from its respective non-MS-risk-associated variants) in the immune system was a gene called RP11-326C3.13. The function of this gene is not yet known, but its position on the chromosome is intriguing. It sits next to four other genes involved in the interferon response, one of our first-line immune defences against viruses. Dr Zhou suspects this gene may help control our body's ability to fight viral infections. This MS risk gene was also different in brain tissue, opening the possibility that antiviral response in the brain might also influence MS development. Together, the findings suggest that genetics influence our response to viral infections, and that this underpins some of the risk of developing MS.

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Liz's Car



As a result of the overwhelming response we received from you, our clients, about if the car should be sign written, Liz's car now has signage. Please note that we also have an unmarked car that can be used on request for home visits.

I'm sure you will agree that it looks fantastic. We would like to extend our thanks and appreciation to Keppler for their sponsorship in funding this project.

MS risk and relapses Continued from page 4

Can genes affect the frequency of MS relapses?

Dr Zhou's PhD student, Marijne Vandeburgh, conducted the largest ever MS study investigating if genes can affect the frequency of MS relapses. This study included 991 people with MS, with the number of relapses measured before study participants started MS therapy.

The team found that a variant of the gene WNT9B, was associated with a higher risk of MS relapse. WNT9B is critical for development of the nervous system, and in laboratory models of MS, affects regeneration of the myelin sheath after nerve injury. People who carry this gene variant were relapse-free for only one year, compared to two years relapse-

free for people who did not carry the gene. The team also found that carriers of the gene started MS treatment earlier.

The other key influencer of MS relapses in this study was a collection of genes controlling the response to vitamin D. Vitamin D is known to dampen the immune response, and higher levels of vitamin D in the blood are associated with fewer MS relapses.

Both WNT9B and vitamin D influence immune cell invasion into brain tissue. This immune cell invasion is a critical step in MS relapses, that can be effectively halted by the use of natalizumab (Tysabri), a modern MS therapy. This study, published in *Annals of Neurology* has identified two important pathways through which

our genes could drive higher relapse rates.

What does this mean for people with MS?

Overall, Dr Zhou's fellowship has revealed important molecular pathways driving MS development and relapses. Genetic studies like this are important because they can potentially be used to help MS specialist healthcare teams and people with MS better understand what to expect from the disease. Better understanding of MS pathology is critical for development of new therapies, and we look forward to the translation of these insights into better MS management in the future.

<https://www.msaustralia.org.au/news-blogs/latest-news/ms-risk-and-relapses-unlocking-new-clues-our-genes>

\$2.3 million into global research on why MS progresses

19 new research projects are being funded – including three in the UK – by the International Progressive MS Alliance. All over the world, these scientists are working to get us closer to stopping MS.

The International Progressive MS Alliance is awarding 19 projects around the world up to \$128,000 each. The aim is to better understand why MS progresses. Ultimately, this knowledge will help us develop treatments for progressive MS.

Calming over-excited nerves

Professor David Baker, from Queen Mary University of London, will explore how to protect nerve cells from becoming dangerously over-excited. If nerves become over-excited, it can lead to nerve cell death, which plays a big part in MS progression.

Professor Baker explains: “We’ve developed a chemical that we believe can help calm over-excited cells and protect them from exhaustion. Based on a chemical our bodies make naturally, it can enhance a gate-like mechanism, which allows certain charged particles to exit the nerve cells. This prevents the build-up of excitability which can be dangerous and lead to nerve cell death”.

If this chemical can protect nerve cells without causing side effects, David thinks this could be a game changer for MS treatment.

Enhancing natural protective responses

Dr Don Mahad, from Edinburgh University, previously uncovered that the diabetes drug pioglitazone could protect nerves from damage. So far, they’ve shown this in mice, but this funding means the team can now move the research into human tissue.

Dr Mahad said: “Last year we found that our nerves have a natural protective response when myelin, the coating that protects them, gets damaged in MS. And in animal studies we were able to enhance that response with a drug that’s already available [pioglitazone].

“We’re now able to take our findings forward to see if what we’ve found in mice is also true in brain tissue from people with MS. We also want to find out if nerve cells have other natural protective responses, and how we might help these processes along.”

Targeting oxygen shortage

At University College London, Professor Ken Smith will explore exactly when the fatal injury that leads to nerve cell death in progressive MS actually happens. His project will ask whether intervening to prevent the inflamed nervous system from getting too little oxygen could affect the level of impairment experienced as a result.

<https://www.mssociety.org.uk/research/latest-research/latest-research-news-and-blogs/ps12-million-global-research-why-ms-progresses>

Living Well with HD

Modern day life is busy. Most of us have to juggle many things – long work hours, relationships, family commitments, social lives.

We've all heard the mantras 'eat healthily', 'get enough exercise', 'use your brain', 'sleep well', 'take time for relaxation', however, these principles can be especially relevant for people who are at risk of or living with Huntington's disease.

Healthy living can benefit everyone, leading to improved mental health, a greater sense of control over life and a better ability to cope when the going gets tough. It's very important to take time out for relaxation and 'me time'.

Building up reserves in the brain

There is a well-known phrase: 'use it or lose it'. A less familiar term is 'neural reserve' or brain resilience. The 'use it or lose it' principle refers to doing things now, so you build your capacity up to be stronger in the future.

Imagine a man who has a go riding a unicycle. His first try is not good; he manages just two rotations of the pedals before falling off. This difficult action of unicycling has, however, resulted in different cells throughout the brain firing, which leads to a kind of circuit of neurons activating together.

He then decides to have a go the next day. Again, this network of neurons fire together and this time, connect a bit more strongly. After this he then decides that he will train in unicycling and does it for an hour each day. By doing this, he strengthens his neuronal network every single time.

How is this man's unicycling relevant to Huntington's?

- An increasing number of studies have shown that an 'engaged lifestyle' - one that includes different activities that exercise the brain - has considerable long-term benefits.
- The fun part is that 'engaged lifestyle' refers to anything that uses the brain, from unicycling to seeing a new film, playing Xbox, travelling, having a good laugh with a friend, doing a new dance class - the list goes on.
- Every time you do something that activates your brain, you are training it to be stronger. There is a connection between how we engage our brains now and the strength of our brains in the future.
- Knowing this can empower us to make changes to our lives today that will help us later on down the track.

Exercise and physiotherapy

Exercise has been shown to have many benefits

for people of all ages and every level of fitness and health. Some of these benefits can include improved mood, concentration, cardiovascular conditioning and improved strength, balance and coordination.

- If you are at risk for Huntington's, or in the early stages of the disease, these benefits can significantly improve your quality of life.
- Taking part in exercise is one of the few ways that individuals at risk of Huntington's can have some control over the potential effects of the disease process.

Currently research is underway in Europe and the U.S.A, with people with early-mid stage Huntington's, to determine the possible benefits of various types of physiotherapy-led exercise programs.

Physiotherapists are trained in understanding the effects of movement disorders such as Huntington's. They can help you to understand the potential physical motor symptoms and progression of the disease, and can prescribe exercises and activities that are appropriate for your own specific needs.

The Physiotherapy Working Group of the European Huntington's Disease Network (EHDN) has made the following recommendations for people who are at risk of Huntington's, or at the early stages of the disease:

- See a qualified physiotherapist who can provide advice on physical activity and potentially help with difficulties related to posture and muscles. Your GP can refer you.
- Participate in a regular exercise routine (see recommendations below). Structure your day to encourage ongoing physical and mental activity (e.g. daily stair climbing, walking to work, playing cards, doing puzzles).

Basic guidelines for a recommended fitness programme:

- Trunk mobility & flexibility exercises (e.g. yoga, pilates exercises)
- Endurance/cardiovascular training (recommended 30 minutes three to five times a week; e.g. walking, swimming, cycling training on a stationary bike)
- Balance exercises
- Strength training/core stability.

You can also talk about exercise and other aspects of living well - including emotionally as well as physically - to Liz or Karen or to your GP.

Sourced from: <https://www.hda.org.uk/getting-help/if-youre-at-risk/living-well>

NOTICE BOARD

Kawhia Cruise

Join us for Adam Muir's annual Kawhia Cruise fundraiser on Sunday 14th November. The day begins with breakfast at the Jukebox Diner, 11 Railside Place from 8.00am, departing for Kawhia at 9.30am. All proceeds are donated to MS Waikato

Entertainment Book

MS Waikato are selling the Entertainment books again this year. The books are now digital and contain thousands of dollars worth of vouchers. The books can be purchased as a single city, multi city or multi year. MS Waikato will receive 20% from each book sold. For more information visit <https://nz.entdigital.net/orderbooks/1b54128> or contact janet@mswaikato.org.nz to receive this link.

Donations

Donations to MS Waikato can be made directly to the MS Waikato bank account. Receipts will be sent for all donations, if you are not a client please advise Janet of your address - janet@mswaikato.org.nz. Donation can also be made through our website www.mswaikato.org.nz, please click the link 'Donate now' and it will take you to the Spark Foundations give a little website. Alternatively, a direct link to this site is through www.givealittle.co.nz/org/MSWT, please note give a little now charge 5% commission.

St John's Caring Caller

Caring Caller is a service that St John provides for people who live alone or are housebound due to an illness or disability. Volunteers phone clients regularly to check that everything is ok. The service is free, if you wish to enquire about receiving a regular call from a Caring Caller phone 0800 000 606.

Dogs in Homes

For the safety of our staff please ensure all dogs are secured when staff visit.

MS Family Camp

Totara Springs

Originally scheduled for March 2020 and cancelled due to Covid, this will now be held 4-6 March 2022. Register interest with Liz now, preference will be given to those originally booked for the 2020 camp, further details to follow.

Payments

If you wish to make any payments directly to MS Waikato please pay into account number 02 0316 0488196 000. Please remember to include your name and what the payment is for eg Subs.

Scooter Batteries

If you need to replace the batteries in your scooter we may be able to assist, please contact Liz on 07 834 4741 or email liz@mswaikato.org.nz

TravelScoot

We have a TravelScoot available for short term loan for a donation. For more information contact Liz or Karen.

MS Awareness Week

MS Awareness week takes place from the 13th to the 19th September, this is a national awareness week to raise public awareness and understanding of MS. As a charity; it is also an opportune time for us to fundraise to support our services. We are seeking volunteers to assist with our stalls or perhaps you may like to organise a fundraiser or stall yourself. We would love to hear from you, if you are able to help, please phone Janet on 8344740 or email janet@mswaikato.org.nz.

Subscriptions

Please note 2021 subscriptions are now due. The cost for subscriptions is \$40 or \$20 if you hold a Community Services Card. A subscription form is enclosed if subscriptions have not been received. Thank you for your support.

Thanks to our Sponsors and Supporters



Sir John Logan Campbell
Residuary Estate



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MSWT EVENTS CALENDAR



September 2021

SUN	MON	TUE	WED	THU	FRI	SAT
			1 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	2 MS Support Group Hamilton Venue to be advised 10.30am	3	4 MS Walking Group 9am The Veranda Cafe Hamilton Lake
5	6 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	7 MS Support Group Churchill Cafe Te Awamutu 10.30am	8 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	9	10	11 MS Walking Group 9am The Veranda Cafe Hamilton Lake
12	13 MS Exercise Class 10.30am - 11.30am MS Awareness Week	14 MS Awareness Week	15 MS Exercise Class 10.30am - 11.30am MS Awareness Week	16 MS Awareness Week	17 MS Awareness Week	18 MS Walking Group 9am, The Veranda Cafe, Hamilton Lake MS Awareness Week
19 MS Awareness Week	20 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	21	22 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	23 MS Support Group Mometewa Morrinsville, 10.30am	24	25 MS Walking Group 9am The Veranda Cafe Hamilton Lake
26	27 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	28	29 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	30		

October 2021

SUN	MON	TUE	WED	THU	FRI	SAT
31					1	2 MS Walking Group 9am The Veranda Cafe Hamilton Lake
3	4 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	5	6 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	7 MS Support Group The Cafe Summerset Down the Lane, 206 Dixon Rd, Hamilton 10.30am	8	9 MS Walking Group 9am The Veranda Cafe Hamilton Lake
10	11 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	12	13 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	14	15	16 MS Walking Group 9am The Veranda Cafe Hamilton Lake
17	18 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	19	20 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	21	22	23 MS Walking Group 9am The Veranda Cafe Hamilton Lake
24	25 Labour Day	26	27 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	28 MS Support Group Mometewa Matamata 10.30am	29	30 MS Walking Group 9am The Veranda Cafe Hamilton Lake

November 2021

SUN	MON	TUE	WED	THU	FRI	SAT
	1 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	2 MS Support Group Churchill Cafe Te Awamutu 10.30am	3 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	4 MS Support Group Hamilton Venue to be advised 10.30am	5	6 MS Walking Group 9am The Veranda Cafe Hamilton Lake
7	8 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	9	10 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	11	12	13 MS Walking Group 9am The Veranda Cafe Hamilton Lake
14 Kawhia Cruise Jukebox Diner 11 Railside Place 8.00am	15 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	16	17 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	18	19	20 MS Walking Group 9am The Veranda Cafe Hamilton Lake
21	22 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	23	24 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	25 MS Support Group Mometewa Te Aroha 10.30am	26	27 MS Walking Group 9am The Veranda Cafe Hamilton Lake
28	29 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	30				

Please cut here

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