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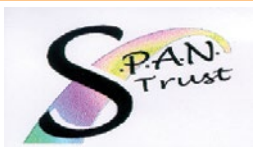
MS Waikato Trust supports people affected with Multiple Sclerosis and Huntington's Disease; MS Waikato Trust is affiliated with the MS Society of New Zealand. If you would like further information on our services, please contact us:

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## HDYO Camp



The HDYO NZ camp was held over two days down in the beautiful Hanmer Springs. People aged from about 18-35 were invited to come along to camp and all expenses were covered by HDYO NZ. My sister and I both attended the camp and having both been to two camps over in Australia before, we knew how valuable they are.

On the first night we played a few icebreaker games and then sat around and shared a little bit about ourselves and our connection to HD. The next day we had several guest speakers that were down in Hanmer, volunteering their time to come and talk to us about their role in the HD space and share some information with us. First up we had neurologist Dr Richard Roxburgh who spoke to us about CAG repeats, where in the DNA strand the huntingtin gene sits and messages that are delivered from the gene to the brain. He also spoke about enrol HD as well as current drug trials and cures researchers are working on. Next, we had Harry Fraser who is a genetic counsellor. He spoke about his role as a genetic counsellor in the testing process. We then had a HD community member share her story around PGD (preimplantation genetic diagnosis) and how she was able to have a baby without passing

on Huntington's disease. The last guest speaker was Mark Chappie, another HD community member, who shared a very personal story of his wife's battle with HD. He also spoke about the bike rides he has done across NZ to raise money and spread awareness of the disease.

Over the day, the guest speakers were broken up with a few fun activities like tree climbing and puzzle hunting. We were also lucky enough to have Sir Richard Faull join us for the evening; he is a neuroscientist and the founder of the brain bank, as well as a massive advocate for Huntington's Disease and the people impacted.

All the guest speakers were incredible and had lots to share with us, we were also given ample time to ask them any questions. The next day we went to the hot pools and then it was time to travel home again.

One of the best parts about camp was simply being around other people affected by HD because there is a mutual understanding there and shared experiences. Having the ability to talk openly about HD without having to explain it is validating and makes you feel so much less alone. It was also lots

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## HDYO Camp *Continued from page 1*

of fun, we laughed, played games and just generally all had a fun time together. It was also incredible to be able to hear from the experts in the HD field and the ones that are out there actively helping people with HD and working towards a cure.

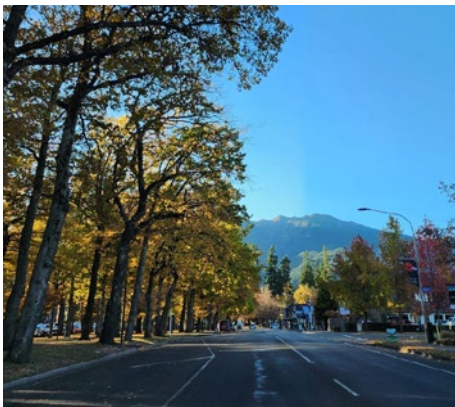
Massive thank you to Dr Stephanie Carr who is the chairperson of HDYO NZ for organising the camp alongside Dr Malvinder Singh-Bains- you are both so dedicated to what you do, and we are so lucky to have you in the HD space. Another big thank you to the guest speakers and the other volunteers for giving up your time to be a part of this camp and make it possible. It is such a valuable resource for young people impacted by HD and I would highly recommend it to anyone who wants to feel less alone and more supported.

### **Alex Burne**

I had the pleasure of attending the HDYO camp in a support capacity and it was a very special weekend. Perhaps the thing that resonated with me the most was the care, support and understanding of the people there towards each other. Huntington's Disease is not a common disease therefore the opportunity to connect with, learn from and get support from others doesn't always present its self.

We are planning a day later this year for our HD community, I hope as many as possible will come as it is an opportunity to make those connections which are so important. Details will follow.

Liz Hogan



MS Waikato warmly invites you to a

## MS Education Evening

*We will be hearing from*

**Brooke Hawker;**  
**Research on remyelination therapy to treat MS**

**Kate Ives; MS Base**

**Jody Butler;**  
**Oceans of Hope**

**And a Roundup from the neurologists**

There will also be the opportunity to ask questions.

**Thursday**  
**5<sup>th</sup> September 2024**  
**Doors Open 6.15pm**  
**(for a 6.30pm start)**

**The Link (corner River Road and Te Aroha Street)**

**Followed by a light supper**

We would appreciate a donation towards the evening; there will be collection pots at the venue

Please RSVP by 27 August,  
phone 07 834 4741 or  
email [liz@mswaikato.org.nz](mailto:liz@mswaikato.org.nz)



## Update on the MSBase Registry

MSBase is an international registry dedicated to evaluating outcomes data in multiple sclerosis and other neuroimmunological diseases.

The purpose of the MSBase Registry is to conduct analyses that link patient characteristics and treatment with specific outcomes such as disease severity. The results are presented at international conferences and published in scientific journals. We hope that the research will improve outcomes for people with Multiple Sclerosis by changing clinical practice.

Since September 2022 the research staff in the Waikato Hospital Neurology Department, supported by MS Waikato and MS New Zealand, have been working hard to re-activate and solidify Waikato's participation in the MSBase project.

We have made contact with and re-consented the majority of participants who originally consented to participation back in 2019/2020. We have approached and consented 95 new participants. We currently have 276 active Waikato MSBase participants.

The Waikato data is very close to being up-to-date. As a consequence of this, we are participating in 18 international Sub-studies. For example:

- A study to assess and characterise the risk of certain safety events in patients with MS, exposed and unexposed to approved Disease

Modifying Treatments (DMTs)

- Effect of pregnancy on clinical outcomes in women with MS with moderate to high levels of disability
- Investigating the impact of geomagnetic disturbances and ambient ultraviolet radiation on multiple sclerosis onset and relapse frequency
- Demographic and Clinical Characteristics of Late-Onset MS
- Exit strategies from Ocrelizumab for safety concerns
- Brain MRI predictors of disability progression in MS

For additional information about the MSBase Registry and The MSBase Foundation which is the not-for-profit charitable organisation managing MSBase internationally, go to <https://msbase.org/>

If you have not been contacted about consenting or re-consenting to this research project or would like to find out more about it, please contact us:

- Kate Ives, Research Nurse/Coordinator Neurology Department, Waikato Hospital, Phone 021 549 791
- Email: [neuroresearch@waikatodhb.health.nz](mailto:neuroresearch@waikatodhb.health.nz)
- Liz Hogan, email [liz@mswaikato.org.nz](mailto:liz@mswaikato.org.nz), phone 0274 287 417

## Client Survey

MS Waikato strives to provide a service of excellence. To enable us to do this effectively it is essential for us to conduct regular client surveys. As a not for profit organisation we are dependent on funding and fundraising to provide our services. We want to ensure that the funds we do have are used effectively. This is your opportunity to let us know your views, how you rate the services provided and if you have any comments or feedback you would like to share with us, perhaps with our staff, services, resources available, newsletter etc.

For those of you with an email address this will be sent to you electronically later in the month via Survey Monkey. If you don't have an email, a survey and envelope for return have been included with this newsletter.

If you have any questions or difficulty with the survey, please contact Janet on 07 834 4740 or [janet@mswaikato.org.nz](mailto:janet@mswaikato.org.nz). Thank you for your support.

## Supporting MS Waikato

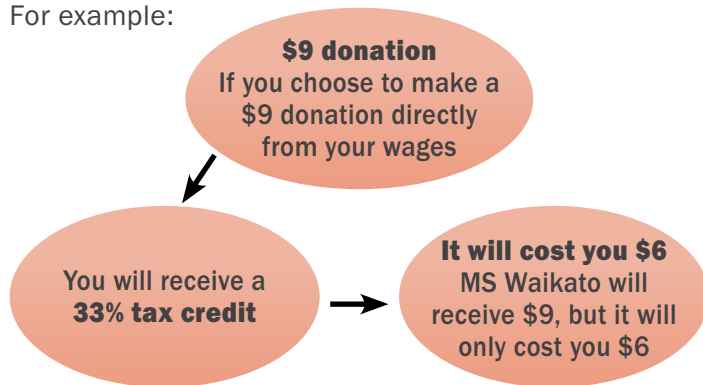
As many of you will know MS Waikato is a charitable trust. To enable us to provide services to you and your family we are dependent on grants, fundraising, subscriptions and donations.

We are always considering ways in which we can both improve and ensure sustainability of services, and wanted to share with you other ways in which you or your loved ones may be able to help too.

### Payroll Giving

Payroll giving is a scheme that enables employees to make regular donations directly from your wages to a registered charity of your choice. You choose the amount you want to donate, and your employer will take the appropriate payment out of your wages before you receive it. There is no cost to the employer, and if you choose to donate more than \$5 you will receive an immediate tax credit of 33% towards your PAYE.

For example:



For more information or to advise if you are setting this up with your employer, please email Janet – [janet@mswaikato.org.nz](mailto:janet@mswaikato.org.nz).

### Gift in Will

We will be setting up a Gift in Wills programme and would love to hear your thoughts and receive any feedback you may have.

Leaving a gift in your will helps ensure we are here for future generations, to continue to provide support to families throughout the Waikato and Coromandel regions. It is a way to support MS Waikato that does not affect your finances now while you are needing them to live your life.

After taking care of family and loved ones would you consider leaving a gift in your will to MS Waikato to help ensure we are here to help others in the future? Any donation large or small is gratefully accepted as it all contributes to allowing us to continue to provide our services well into the future.

It's important that we are able to honour and acknowledge people with a recognition programme. Do you have any suggestions what the recognition programme could be called?

If you are considering leaving a gift in your will, perhaps you have a story relating to support from MS Waikato you may like to share for the gift in wills programme.

Whatever your wishes may be, having a will is important as it ensures that you are able to provide for your family and loved ones in the way you want to, and that your final wishes are carried out accordingly. Without a will, if your assets are over \$15,000 (this includes Kiwisaver), the Probate process would be processed through the high court, with high court costs and processes. The court will decide how your assets will be distributed. This can make a difficult time even more difficult for the loved ones you leave behind.

**September is Wills month and serves as a reminder of the importance of having a will and updating it regularly.**

If you would like to talk about leaving a gift in your will, have already set up a gift in your will or have any suggestions or stories for our programme, we would love to hear from you. Please email Janet – [janet@mswaikato.org.nz](mailto:janet@mswaikato.org.nz) or phone 07 8344740.

## MS Awareness Week

MS Awareness week is the 9 – 15 September. We want to raise public awareness and understanding of MS; to encourage people who may be experiencing symptoms to seek earlier medical assistance, and hopefully then an earlier diagnosis.

How can you help? - Share your experience of living with MS

We are looking for people who would be happy to share their journey with MS. We would like people to write a brief article (max 500 words) which you would be happy for us to share on Facebook, or our Website to help raise awareness and assist with our fundraising, we would only include first names with these.

If you can help and would like to share your story, you may like to consider including:

- What symptoms did you first experience before diagnosis
- How does MS impact you in your day to day life
- Have you had to make changes in your lifestyle due to your MS
- What difference has MS Waikato made to you

We would also like to include a photo if possible.

Please email your articles and photos to myself [janet@mswaikato.org.nz](mailto:janet@mswaikato.org.nz), or Liz ([liz@mswaikato.org.nz](mailto:liz@mswaikato.org.nz)). If we need to edit articles, we will ensure you are happy with this prior to them being used. If you would like to discuss this please ring or email Janet – 8344740, or you can contact Liz (8344741).

# MS and Mindfulness

Scientific research into MS and mindfulness proves the benefits of introducing mindful meditation into your daily routine to help manage stress and pain.

Mindfulness is a state of mind or consciousness, a combination of attention, body awareness and emotional regulation that helps generate a different perspective of self. Through mindfulness meditation we cultivate attention, body awareness and emotional regulation which can help with many health issues related to MS.

## Reasons to meditate: mindfulness

Mindfulness meditation can be described as a practice that develops the state of mindfulness, like a training or gym for the mind. Through mindfulness meditation we cultivate attention, body awareness and emotional regulation.

Jon Kabat-Zinn has done much to introduce secular mindfulness to the West over the last 20 years through the establishment of his hugely successful Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts.

His operational, widely accepted definition of mindfulness is:

“paying attention in a particular way: on purpose, in the present moment, and non-judgmentally.”

## Science validates MS and mindfulness

A huge increase in scientific research on this topic over the last 10 years has produced thousands of peer-reviewed, published papers that address how mindfulness, achieved through meditation, helps with a range of issues:

**Depression** - People with MS have twice the risk of depression compared to that of the general population.

**Neurogenesis** - People with MS are more prone to neuro-degeneration than the general population. MRI scans have shown that mindfulness increases the grey and white matter in specific and important parts of the brain. It also promotes neuroplasticity and the creation of new and helpful neural networks in the brain.

**Pain** - Mindfulness has been used extensively to help reduce physical and neurological pain.

**Telomere length** - Telomeres are the little caps at the ends of DNA strands. As we age, telomeres get smaller, and we become more susceptible to age-related illnesses. Mindfulness has not only been shown to slow that shortening, it can actually lengthen the telomeres, effectively reducing cellular age.

**Happiness** - daily mindful meditation can increase a person's happiness. It shifts brain activity from the

right side, which is active when we're irritable and anxious, over to the left side, which is typically active when we're upbeat and optimistic. Even better, much of that shift happens within the first month of meditation.

**Compassion** - Mindfulness has been shown to increase compassion, which helps build our resilience in the face of trauma.

## Myths about meditation

The following ideas may hold some truth, but believing they are absolute facts may get in your way.

- Meditation is about silencing the mind. Don't expect your mind to be free of all thoughts when you meditate; it doesn't work that way. Mindfulness is about bringing awareness to sensations and thoughts – not silencing them. If your internal voice is active while you meditate, that's okay and completely normal. Let the thoughts come and go while you focus on the present moment. It is thought that many of the benefits come from “attentional switching”, recognising that you have become distracted, and gently bringing your attention back to the present.
- Meditation is relaxing. You may find meditation relaxing, and you also may not. The goal is not to relax, but to be aware of sensations, thoughts and emotions
- Meditating is easy ... or difficult. You may find meditating hard at certain times and easier at others. Each time you meditate, remember that this is a practice and there is no right or wrong way to feel. You practice to develop a skill, much as you might practice playing the cello or working out in the gym.
- Meditating is inconsistent with my religious beliefs. Mindfulness is free of religious content, although many religions practice their own forms of meditation. Through meditation, you may become more spiritual, more in tune with yourself and with your relationship to others and the wider universe.

## How it can help you

People often spend time either thinking about the past (often with regrets and recriminations) or planning for the future (often with worries and concerns).

Meditation can help you regulate your attention, helping you tune into what is really happening right now, and what is important in your life. It can also help regulate your emotions so that you don't get caught up in thoughts and fears and are able to calm your conscious mind and reduce stress.

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**How it works**

The mind literally slows down during meditation. Normal brain waves, called beta waves, look like a saw-tooth pattern, with a frequency greater than 12 cycles per second and a fairly small wave height. As you enter the meditative state, those waves grow progressively wider and slower, becoming first alpha waves, then theta waves and finally delta waves, which correspond to the subconscious mind. Delta waves offer unique healing opportunities and a relaxation even deeper and more restorative than sleep itself.

**How to start**

Start with short meditations, perhaps 10 minutes long, and see how it goes. We suggest using guided meditations to get started. Try a few different ones to find a style and voice that work best for you. You can develop your own practice over time. Things to keep in mind:

- There is no right way to feel when you meditate. Some find it relaxing, but that's not the goal.
- In fact, there are no goals when you meditate, which makes it unlike most daily activities. Allow yourself to be patient, and your practice will develop over time.
- Mindfulness meditation is about being in the present moment, being non-judgmental, and allowing things to unfold just as they are.

Perhaps most importantly: meditation is about being kind and gentle to yourself, looking after yourself and giving your mind and body time to heal.

Another way to conceptualize meditation is to think about it in terms of attention, intention and attitude. So before you start each meditation practice, think about your intention and your attitude. Perhaps start each practice with the intention to bring the focus of your attention to the breath or body or whatever the focus of your meditation is, with the intention to be present in every moment.

You may also want to start each practice with an attitude of openness, not judging yourself in any way. Just be curious about the experiences, whatever they are and howsoever they feel, and view all sensations with an attitude of gentleness and kindness to yourself.

**Posture**

Posture is important for meditation, but it is possible to meditate anywhere. You can sit on a straight-backed chair, and find a position that is comfortable. If you are in a chair, try sitting forward so your spine is self-supported and upright, and your chin is tucked in slightly. Find a position that is comfortable enough so that you are able to focus but not so comfortable that

you fall asleep. (Note – Some meditations – e.g. the body scan – are typically done lying down.)

**Duration**

The more you meditate, the better your results. We recommend meditating for at least 30 minutes per day, either all at once or in 2 sessions of 15 minutes each.

While some people like to set a timer, others find that it can interrupt an especially powerful session, so you may prefer to check a clock or watch when you think the time is up. Many people find that with practice they get very good at knowing when half an hour is up.

If you miss a day, just resume the next day with the same attitude of kindness and gentleness to yourself. You'll find that the more consistent you are, the more effective each session will be.

**When**

People meditate at different times of day. Some find that meditating first thing in the morning helps them be more mindful throughout the day. It's also easier to find stillness before the noise of the day clutters your head.

Others prefer to meditate in the evening as a way to decompress from the stresses of the day. Some meditate for shorter periods a few times a day, because they cannot find longer periods of time to focus.

The bottom line is that meditating is tremendously good for you, but making sure that you meditate every day is more important than precisely when you do it. Meditation is very effective, but you have to actually do it!

**Where**

It can be helpful to define a space that's specifically for your meditation – perhaps a room, chair, or even a cushion. Creating a ritual can be very helpful in creating new behaviours and habits. But once you establish your practice, you can meditate anywhere: in a parked car, on a train, even in a corner of a cafe.

**Challenges**

Meditation is about finding time to be in the present moment, rather than stilling the mind. It is about noticing what is happening internally when you sit still, so don't worry if the thoughts keep coming – just notice them.

Meditation is also about intention and attitude, so remember to be kind and gentle to yourself when you meditate – including when you feel you can't meditate or that you've had a "bad" session. There is no such thing as a bad meditation practice, and there is no

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# MS and Mindfulness

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special state you are supposed to achieve through meditation. So:

- Keep it short and simple when starting
- Choose a guided meditation or class that makes you comfortable
- Use the meditation resources on the Overcoming MS website and smartphone app
- If you are flooded by thoughts and feelings during the practice, remember that the intention of meditation is not to stop thoughts, but to be aware of them
- Difficult feelings or emotions arising during meditation may alert you to deeper issues that require attention or action. It may be helpful to consult a therapist or doctor should this be distressing

It takes patience and persistence to establish your practice, but the benefits are extraordinary and absolutely worth the effort.

## Resources

- Many mindfulness meditation courses are available all over the world and online. Mindfulness-based stress reduction (MBSR) courses and mindfulness based cognitive therapy (MBCT) courses can provide very good entryways to developing your own practice.
- You can listen to Overcoming MS' own guided meditations, courtesy of Associate Professor Craig Hassed, Phil Startin and Alison Potts.
- Meditation apps are gaining popularity too.

<https://overcomingms.org/program/guided-meditation/meditation-for-ms/ms-and-mindfulness/>

## NOTICE BOARD

### Awareness Stall - MS Awareness Week

We are looking for volunteers to assist with our stall at Chartwell Shopping Centre on Wednesday 11<sup>th</sup> September 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 834 4740 or email [janet@mswaikato.org.nz](mailto:janet@mswaikato.org.nz).

Thank you for your support, we look forward to hearing from people.

### 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.

### TravelScoot

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

### Wheelchairs

MS Waikato has wheelchairs available for loan, for all enquiries phone 07 834 4740.

### Scooter Batteries

If you need to replace the batteries in your mobility scooter we may be able to help.

A generous gift in a will, assisting with this, please contact Liz on 07 834 4741 or email [liz@mswaikato.org.nz](mailto:liz@mswaikato.org.nz)

## SUBSCRIPTIONS

Please note 2024 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.

## Payments and Donations

If you wish to make any payments or donations directly to MS Waikato the account number is 02 0316 0488196 000.

Please remember to include your name and what the payment is for eg Subs. Receipts are given for all donations, if you are not registered with us please email Janet with your contact details to enable us to forward a receipt – [janet@mswaikato.org.nz](mailto:janet@mswaikato.org.nz).

Donations can also be made through our website [www.mswaikato.org.nz](http://www.mswaikato.org.nz), please click the link 'Donate now' and it will take you to the Spark Foundations give a little website.

## Thanks to our Sponsors and Supporters



WDFK Karamu Trust • Waipa District Council • COGS- Hamilton City, South Waikato & Waikato West Rehabilitation Welfare Trust • Anytime Fitness - Hamilton Central • Gallagher Charitable Trust • The Norah Howell Charitable Trust • Waipa District Council • Glenice and John Gallagher Foundation • Hamilton Road Runners • Loxies • Terry Slattery • Ruth Mylchreest • Georgina Terry

# MSWT EVENTS CALENDAR



## September 2024

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

## October 2024

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

## November 2024

SUN	MON	TUE	WED	THU	FRI	SAT
					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 Café Inc Rototuna, 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 MS Support Group Orca Café Raglan 10.30am	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 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	26	27 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	28 MS Support Group Mometewa Christmas lunch	29	30 MS Walking Group 9am The Veranda Cafe Hamilton Lake

Please cut here

MS Waikato Trust, 20 Palmerston Street, PO Box 146, Hamilton 3240

Tel 07 834 4740, Email [mswaikato@mswaikato.org.nz](mailto:mswaikato@mswaikato.org.nz), Website [www.mswaikato.org.nz](http://www.mswaikato.org.nz)

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