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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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Kawhia Cruise – 2017



Dave and Adam

Year 5 of the Kawhia Cruise started out in traditional fashion – gathering at the Jukebox Diner for brekkie and a coffee. As people start heading for their cars I materialise beside Janet and meet MS trustee Mike and his wife Wendy who will be giving me a ride home, before moving right along to find my ride out to Kawhia.

My ride out is again in the beautiful '55 Chev (Adam's late wife Shelly's car) driven by her dad Eric. We are joined by Eric's wife Sue, daughter Katrina and husband Rob. I get the front seat and that lot are relegated to the rear. As we head out and negotiate the Dinsdale round-a-about we hear an ominous scraping noise emanating from the rear right tyre. In the true tradition of Kiwi male drivers we ignore it and carry on. As we negotiate the round-a-bouts at Temple View the noise returns. This is now a concern and Eric and Rob put in place a cunning plan to investigate the problem at the Pirongia stop.

At Pirongia the lads pile out and Eric and Rob examine the tyre noticing that the rear guard has been shaving

slivers of rubber off the tyre – the cause – probably too much weight in the back of the car. Hey, don't look at me I'm in the front remember! A quick discussion and it's decided to jettison some weight. The camping chairs, rugs and food in the boot are considered essential so the 103kg of dead weight in the front has to go. To appease my hurt feelings Sue breaks out the chilly bin and hands me a piece of bacon & egg pie and a couple of Anzac biscuits (is this 'Kiwi as' or what?) and runs off to feed the grand kids. Rob reappears with another gentleman who has agreed to take me the rest of the way.

My new driver is Dave Devenport who is assisting in running the day for Adam and was indeed his navigator during his rallying days. Dave is still involved in rallying and gives me a running commentary on how to enter and exit various bends in the road – a lesson that is almost poignant as a car ahead of us almost wipes out a couple of cyclists out on a Sunday ride. The drive from Pirongia to Oparau seems slower than usual and the reason becomes clear as we



round a bend and get a view of the traffic ahead. Out in front is a tall gentleman straddled proudly over a mint green Vesper on full throttle!

We arrive at Oparau and pull into a prime parking spot right outside the Roadhouse (perks of driving with the guy in charge). I thank Dave for the ride, exit the car (waving royally to the assembled crowd) and join the throng queuing for coffee.

I join Mike & Wendy for the short drive into Kawhia and we find a nice shady spot to park at the Reserve. 'Shot gun' are already pumping out the tunes and we spend a pleasant afternoon roaming around checking out the cars and meeting and greeting.

Prize giving sees our friend on the vesper win a nice bottle of wine (probably for the sheer nerve of entering in a muscle car event) and realising it could be tricky to take his prize home. Of course our ever helpful Trustee, Mike offered to take it home for him.

After a couple of cruise hours we were off on a pleasant trip home. Another great day highlighted by the support of Adam's friends, family and the motoring community. MS Waikato would like express our thanks and appreciation to Adam and all those involved. The event raised a total of \$1,594.

Ian Maxwell



Murder on the Orient Express

In November we screened 'Murder on the Orient Express' as a fundraiser at the Lido. From the novel by best-selling author Agatha Christie, "Murder on the Orient Express" tells the tale of thirteen strangers stranded on a train, where everyone's a suspect. What started out as a lavish train ride through Europe quickly unfolded into one of the most stylish, suspenseful and thrilling mysteries ever told.

We were blown away by the response to this screening quickly selling all tickets for the event.

The evening raised a total of \$1,419. We would like to express our thanks and appreciation to the Lido, Gothenburg and Flagstaff Pharmacy for their support and the donation of raffle prizes.

Ocrelizumab given Medsafe approval

MSNZ are pleased to announce that Ocrelizumab has been approved by Medsafe (<https://gazette.govt.nz/notice/id/2017-go6792> - notice number 2017-go6792 (consent for distribution of new medicines) - 21 Dec 2017) as available in NZ for PPMS and RMS.

This regulatory approval is just the first step however and we now await the PHARMAC review as to whether this treatment will be approved for funding. The review is expected to begin early 2018, for which MSNZ have made two submissions.

MSNZ has issued a media release on this which is available on their website:

<https://www.msnz.org.nz/ocrelizumab-approved-medsafe-rms-ppms-awaiting-pharmac-review/>

To read more about Ocrelizumab and the MSNZ submission visit their website here:

https://www.msnz.org.nz/ocrevus-ocrelizumab/?preview_id=997&preview_nonce=ae935566e7&_thumbnail_id=3048&preview=true

Heat Sensitivity

Many people with MS become quite sensitive to the heat, particularly during the summer. An elevated core body temperature, of as small as 0.5degrees, (whether from illness, heat, or activity) can alter the effective conduction of nerve impulses. This can result in a feeling of fatigue, as well as a temporary worsening of other symptoms.

Refraining from becoming over heated and keeping the body cool with the liberal use of air conditioning, wearing cooling garments (specially designed to lower body temperature) or other cooling strategies may help to manage heat sensitivity and resulting symptoms. Symptoms will usually subside once nerves are returned to normal temperatures.

Tips for staying cool

You may wish to consider some of these tips to keep cool and manage heat sensitivity:

Water and Nutrition

- Increase your fluid intake by drinking more water, add a couple of extra glasses than normal as you will lose fluids through perspiration.
- Limit caffeine as this can dehydrate!
- Apart from the initial brain-freeze sucking ice-cubes can be very helpful! With all the berries that are around for the summer season why not put one in each of the cube slots, top with water, freeze away and then when it comes time to cool down you get a delicious treat at the end!
- Freeze water bottles to carry with you during the day. They will stay cool even as they melt to hydrate you.
- When choosing your meals consider options that don't overwork your body trying to digest.

Clothing

- Cooling collars and vests are a great way to keep cool.
- For an instant cooling collar put some frozen veggies (still in the bag), wrapped in a tea towel around your neck or try freezing a bandana, scarf or tea towel.
- Cotton is cooler!
- Keep your head covered. Wide brimmed hats are particularly useful as they can help prevent you from burning your head, neck and face in this intense New Zealand sun but also keeps you cooler! Hats with ventilation such as a woven hats will allow the breeze to pass through and cool you down while darker colours under the brim can help protect your eyes from the sun's reflections.

- When you put your fan on put a damp towel around your shoulders to cool down quicker.

Lifestyle

- Only go outside when necessary. Vitamin D is great but in these extreme heats when you do go out be SUN SAFE!
- Frozen water bottles have multiple uses! They are great for a cooling drink throughout the day but also try rolling one under your feet, backwards and forwards. Don't forget to put a towel down or you might get a very wet floor!
- Hang your washing out in the cool of the morning or evening so you don't have to go out in the hot sun of the day and then bring it in at night.
- Do you find that applying sunscreen it makes you feel hotter and more flustered? A spray sunscreen might be easier. There are a couple of products out there in the market place that you don't need to rub it in, they're lightweight and cools and revives skin on contact.
- When you're heat sensitive it can be difficult to maintain your daily routine, particularly your exercise routine. If you do want to exercise do so in the early morning or evenings when it is cooler and try yoga, tai chi or a gentle walk with a friend rather than a run. Better yet try an aqua based exercise such as a swim or aqua jogging? And always remember to stretch and cool down.
- Pre-plan! Have some wet and chilled sports bands ready to put on your wrists when you get home to cool down your body and then have a shower when you feel comfortable.
- Can you chop the veggies in the cool of the morning or evening the day before and refrigerate. Just make sure they are covered and sealed. Air tight containers keep things fresher for longer. Or check out the freezer aisle at your local supermarket. Pre-chopped frozen veggies save you time and energy (plus it means you can stand in front of the freezers to cool down!)
- Try to de-stress as this will make you overheat more.
- Plan breaks somewhere cool particularly in the hottest part of the day.

Disclaimer:

This information does not constitute as medical advice and you should always seek this from your GP or other health care provider.

Source – The MS Society of New Zealand - <https://www.msanz.org.nz/heat-sensitivity/>

Cholesterol Buildup Limits Regeneration of Nerve-cell-protecting Sheath, Study Shows

The nerve-cell-protecting myelin sheath's failure to remove cholesterol after the membrane has been damaged limits its ability to regenerate, German researchers report.

Their finding has important implications for multiple sclerosis because a hallmark of the disease is nerve cell deterioration stemming from damaged myelin. Cholesterol is a waxy, fatty substance found in all cells whose buildup in blood increases the risk of a heart attack.

Myelin membrane cells' failure to remove cholesterol increases with age, according to the mouse study that the Germans did.

Their findings may explain why the injuries that multiple sclerosis causes are so difficult to heal.

The team titled their research, which appeared in the journal *Science*, "*Defective cholesterol clearance limits remyelination in the aged central nervous system.*"

Cholesterol, a main component of myelin, accumulates in cells that should be removing it. This buildup triggers an inflammatory reaction that may further prevent healing.

"Myelin contains a very high amount of cholesterol," Mikael Simons, a professor at the *Technical University of Munich* who was the senior author of the study, said in a *news release*.

"When myelin is destroyed, the cholesterol released has to be removed from the tissue," he added. But the cells that remove myelin debris can't process cholesterol.

These immune cells, known as microglia and macrophages, remove myelin debris by digesting it. Since they can't process cholesterol, they leave this task to molecules whose responsibility is transporting it out of myelin cells.

Myelin cells can get jammed with cholesterol, however. At that point, it starts forming needle-shaped crystals that can damage the cell. This triggers an inflammatory reaction, in which microglia and macrophages release substances that attract more immune cells to the site.

"Very similar problems occur in arteriosclerosis," or hardening of the arteries, Simons said.

Researchers learned that as mice age, their microglia and macrophages become less effective at clearing myelin debris.

Their findings were not all bad news, however. They discovered that a compound that helps transport cholesterol out of myelin cells can boost myelin repair.

"When we treated the animals with a medication that facilitates the transport of cholesterol out of the cells, inflammation decreased and myelin was regenerated," Simons said.

The team identified a specific type of myelin-generating cell in another study. Titled "*BCAS1 expression defines a population of early myelinating oligodendrocytes in multiple sclerosis lesions,*" it appeared in the journal *Science Translational Medicine*.

This research gave scientists better insight into how and when the body forms myelin. This information will be crucial to researchers' attempts to develop regenerative medications.

Working with Christine Stadelmann, a professor at the *University of Göttingen*, Simons discovered what cells called oligodendrocytes look like when they are producing myelin. The team called the cells BCAS1-positive oligodendrocytes.

Earlier, scientists were able to distinguish only between oligodendrocyte precursor cells and mature oligodendrocytes, not those that were in the midst of generating myelin.

"We believe that the BCAS1-positive oligodendrocytes that we discovered represent an intermediate stage in the development of myelin-forming cells," Simons said. "In humans they can only be identified for a relatively short period of time, exactly then when myelin is actually being formed."

The cells are found in newborns, who produce myelin at a high rate. In adults, the cells are lost. But they can reform when myelin regeneration is necessary.

"We hope that the BCAS1-positive cells will help us to identify new regenerative medicines," Simons said.

The team plans to continue exploring ways of promoting remyelination. One focus will be seeing whether transporting cholesterol out of brain cells could be a way to treat multiple sclerosis.

Source: By Magdalena Kegel - Multiple Sclerosis News Today

HD News



Huge Breakthrough as Experimental Drug Is First-Ever to Suppress Huntington's Protein

It's being touted as a "game-changer".

PETER DOCKRILL - 12 DEC 2017

The first human trial of an experimental drug designed to combat Huntington's disease has delivered a success beyond what the researchers themselves hoped for.

Results from a clinical trial involving 46 patients with early Huntington's shows that an injectable drug called IONIS-HTTRx successfully lowered levels of the harmful huntingtin protein in the participants' nervous system.

"The results of this trial are of ground-breaking importance for Huntington's disease patients and families," says neurologist Sarah Tabrizi from University College London's Huntington's Disease Centre, which led the trial.

"For the first time a drug has lowered the level of the toxic disease-causing protein in the nervous system, and the drug was safe and well-tolerated."

The drug, which is administered by injection into the spinal fluid in order to reach the brain, has been in development for more than a decade, but until now researchers didn't know exactly how IONIS-HTTRx would impact the toxic huntingtin protein in humans.

Huntington's disease is a progressive brain disorder that causes uncontrolled movements, emotional problems, and cognitive impairment, leading to dementia and early death in most people who develop the condition.

The disease is caused by a mutation in the Huntingtin (HTT) gene, which produces the huntingtin protein – but the genetic variant ends up making abnormally long versions of this protein, which divide into toxic fragments than can bind to and impede neurons.

IONIS-HTTRx is an antisense drug, which aims to effectively silence the Huntingtin gene and prevent the production of the harmful form of the huntingtin protein.

In the trial, patients who received increasing doses of IONIS-HTTRx over the course of the study exhibited

lower levels of huntingtin protein concentration in their spinal fluid after they received the treatment.

It's the first time the toxic protein has been successfully lowered in patients' nervous systems, signalling what could be the foundations of the first working treatment for Huntington's – and giving fresh hope to thousands of people around the world with the condition.

"This is probably the most significant moment in the history of Huntington's since the gene [was isolated]," Tabrizi told The Guardian.

Of course, as promising as these results are, it's early days yet. The researchers intend to formally present and publish their findings in 2018, but the bigger question remains whether IONIS-HTTRx can also mitigate the symptoms of Huntington's disease, which hasn't yet been assessed at this stage of the trials.

That's the next step for the team and the drug's maker – California biotech firm Ionis Pharmaceuticals – who now intend to move to larger tests to examine how the injections may slow disease progression.

There's a lot on the line here. If future clinical trials deliver signs as promising as these early results, the researchers say occasional IONIS-HTTRx injections might one day be able to prevent people with Huntington's from ever getting sick or showing symptoms of their condition.

Beyond Huntington's, researchers think the early success of IONIS-HTTRx shows just how powerful gene-silencing medicine has become, meaning we're closer than ever to potential treatments for other genetic conditions, such as Alzheimer's and Parkinson's disease.

"This is a potential game-changer, not only for Huntington's disease patients but also for genomic medicine in general," says molecular biologist Philippa Brice from health science nonprofit, the PHG Foundation, who wasn't involved in the research.

"Though more work needs to be done, if gene silencing lives up to this promise we could be on the brink of some of the personalised treatments that patients with severe genetic diseases need so badly."

Sourced from <https://www.sciencealert.com/major-breakthrough-experimental-drug-suppresses-huntington-s-protein-first-time-ionis-htrx-gene>

HD Education Evening



Dr. Nasim Mehrabi, Tracey Larsen and Dr. Malvinder Singh-Bains

In November 2017 we held our annual HD Education Evening and were honoured to have Dr Malvinder Singh-Bains and Dr Nasim Mehrabi present their PhD research findings to our community. Dr Mehrabi's research is considered one of the most influential research studies of 2017 by HD Insights Magazine. Dr Singh-Bains's research has also been recognised on the world stage and is published in a world leading clinical neurology medical journal.

Working under the distinguished Professor Sir Richard Faull at the Centre of Brain Research, University of Auckland, their nick name is "Richard's Angels". They spoke with pride of New Zealand's world-leading Human Brain Bank where they are able to unlock the secrets of the brain, understand HD and improve clinical care using knowledge of human brain tissue. Many global researchers are only able to use animal or rodent study models to replicate and understand HD, so New Zealand's Brain Bank is considered the "Rolls Royce" of research labs studying brain disease. Dr Singh-Bains explained that a recent exciting development is the ability to grow new brain cells from the stored donated tissue which provides countless research possibilities and potential therapies. Dr Singh-Bains also spoke about brain donation, if you would like to learn more about this ring the brain bank manager Marika Eszes, on 09 9236072 or email brainbank@auckland.ac.nz.

Dr Singh-Bains and Dr Mehrabi are incredibly passionate and enthusiastic about the work they do and this was evident with the energy they brought to the presentation. They are dedicated to raising public awareness of Huntington's Disease by presenting to groups around the country. They have also been hugely instrumental in the establishment, and the ongoing running of, New Zealand's own HD Youth Organisation (HDYONZ). They have some great plans to help the youth of NZ to connect with others and feel supported. Check out their website <http://www.hdyo.co.nz>. A contact page is available for anyone who wishes to make contact directly and confidentially. Dr Singh-Bains and Dr Mehrabi also took the time to say a BIG thank you to one of our family members, Peter Knox, who has invested time, energy and enthusiasm into developing the HDYO organisation.

Dr Mehrabi's passion for HD has also found her dedicating another 10 years of study to jump the fence into medicine. She says that to be armed with both scientific and clinical skills will enable her to be more effective in helping support HD families.

We had a great turn out and audience feedback was very positive, many leaving with a greater sense of hope for potential effective treatments in the future.

Tracey Larsen

Managing Fatigue & Memory Loss

An interactive and supportive programme to help manage fatigue and memory loss.

Increased levels of fatigue and memory loss are common in conditions such as Multiple Sclerosis. Both fatigue and memory loss can impact on a person's ability to carry out work, hobbies, leisure and your other everyday activities.

The older persons and rehabilitation centre at Waikato hospital runs a 6 week programme for people of all ages who are being affected with this.

For more information contact Liz on 07 834 4741 or email liz@mswaikato.org.nz

ME/CFS and Fibromyalgia

MS Waikato also provides support services for people affected by ME/CFS and Fibromyalgia. We employ a qualified Field Worker and our services include the provision of information and education, advocacy and monthly support groups.

The ME/CFS and Fibromyalgia group have their own quarterly newsletter, Koru, which is written specifically to provide information and support to this client group.

If you would like to receive an electronic copy of this please notify Tracey by emailing tracey@mswaikato.org.nz.

NOTICE BOARD

AGM

The AGM will be taking place on Wednesday 28th March at 6.30 pm in the Life Unlimited Board Room.

Financial members will be eligible to vote at the AGM. To reserve a seat please contact Janet on 07 834 4740 or email janet@mswaikato.org.nz .

LiveWiseMS

Live Wise MS is a new resource for those affected by Multiple Sclerosis.

'LiveWiseMS is not only sourced by trusted medical content but it is reviewed and approved by the International Organization of MS Nurses (IOMSN), a well-respected organization of nurses who focus solely on the care of those affected by multiple sclerosis.'

To access this go to: www.livewisems.org

Dogs in Homes

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

Entertainment Book – 2018/2019

The next edition of the Entertainment book will be available at the end of March; the cost will be \$65. If you would like us to notify you as soon as this is released please email Janet – janet@mswaikato.org.nz.

MSWT Walking Group

Do you want to get fitter?

Do you want to meet others with MS?

Join our MS walking group led by Lisa Andrew

Starting Saturday 10th March

9am meeting outside The Veranda Cafe Hamilton Lake.

Lisa will be identified wearing a MS tee shirt.

Facebook

MS Waikato now has a Facebook page, do please like us on Facebook. Search for us as MS Waikato; alternatively visit our website www.mswaikato.org.nz and follow the link in library/resources.

The Michael Ford Memorial Golf Tournament

This was established by Michael Ford who sadly passed away a few weeks ago.

Our annual golf tournament is taking place on Friday 13th April. This will be held on the Lochiel course at the Riverside Golf Club. Registration and morning tea 10.00am followed by a shotgun start at 11.00am.

Early bird registration is \$30 and is open until Thursday 5th April; registrations after this date will be \$40.

This is a stableford tournament and is open to players of all abilities.

All funds raised are used to assist with the provision of support services.

For more information on entering the event or sponsorship opportunities please contact Janet on 07 834 4740 or email janet@mswaikato.org.nz .

Subscriptions

Please note 2018 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..

Payments

If you wish to make any payments directly to the Trust bank account this is 02 0316 0488196 000

Please remember to include your name and what the payment is for e.g. Subs.

Vitamin D3

If you are interested in purchasing a quantity of Vitamin D3 please contact Carole Stark on 07 827 7695 or email peterandcarole@extra.co.nz

Thanks to our Sponsors and Supporters



WDFW Karamu Trust • Waipa District Council • COGS- Hamilton City, Hauraki, South Waikato & Waikato West • Anytime Fitness - Hamilton Central • The Fine Homes Tour • Riverside Golf Club • The Sutherland Self Help Trust • The Gallagher Charitable Trust • Len Reynolds Trust • The Norah Howell Charitable Trust • Glenice and John Gallagher Foundation • The Hamilton Club

MSWT EVENTS CALENDAR

MARCH 2018

SUN	MON	TUE	WED	THU	FRI	SAT
				1 MS Support Group Hamilton 10.30am Cafe, Summerset Down the Lane 206 Dixon Rd	2	3
4	5 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	6 MS Support Group Dawn to Dusk Cafe Te Awamutu 10am	7 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	8 ME/CFS Support Group Methodist Church Bader St, Melville 10.30am	9	10 MS Walking Group 9am The Veranda Cafe Hamilton Lake
11	12 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	13	14 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	15 MS Support Group Mometewa Te Aroha 10.am	16 Camp - Totara Springs	17 MS Walking Group 9am The Veranda Cafe Hamilton Lake Camp - Totara Springs
18 Camp - Totara Springs	19 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	20	21 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	22	23	24 MS Walking Group 9am The Veranda Cafe Hamilton Lake
25	26 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	27	28 MS Exercise Class AGM Life Unlimited Building 20 Palmerston St 6.30pm	29	30 Good Friday	31

APRIL 2018

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Easter Monday	3 MS Support Group Dawn to Dusk Cafe Te Awamutu 10am	4 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	5 MS Support Group Hamilton 10.30am Cafe, Summerset Down the Lane 206 Dixon Rd	6	7
8	9 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	10	11 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	12 ME/CFS Support Group Methodist Church Bader St, Melville 10.30am	13 The Michael Ford Memorial Golf Tournament Riverside Golf Club 10.am	14 MS Walking Group 9am The Veranda Cafe Hamilton Lake
15	16 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	17	18 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	19 MS Support Group Mometewa Morrisville 10.am	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 ANZAC Day	26	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					

MAY 2018

SUN	MON	TUE	WED	THU	FRI	SAT
HD AWARENESS MONTH		1 MS Support Group Dawn to Dusk Cafe Te Awamutu 10am	2 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	3 MS Support Group Hamilton 10.30am Cafe, Summerset Down the Lane 206 Dixon Rd	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 ME/CFS Support Group Methodist Church Bader St, Melville 10.30am	11	12 MS Walking Group 9am The Veranda Cafe Hamilton Lake International ME Day
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 MS Support Group Mometewa Matamata 10.am	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	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 MS Exercise Class 10.30am - 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	29	30 MS Exercise Class 10.30am - 11.30am World MS Day	31		

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

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