



Life not limits

# Physiotherapy and Exercise Physiology: Educational workshops

Join our 6-week education series focused on health, exercise, and symptom management for people living with multiple sclerosis (MS). Each Thursday from 5-6pm, MSWA Physiotherapists and Exercise Physiologists will present practical strategies to help you move better and feel stronger.

**Location** MSWA Wilson Services Centre

**Time:** 5:00pm – 6:00pm

**Date** Every Thursday

1. Thursday, 17 July  
**The principles of exercise in MS: What to do, what to avoid, how do I get started?**  
**Jamie Hardy** - MSWA Accredited Exercise Physiologist
2. Thursday, 24 July  
**Exercise progressions: The importance of lifting heavy weights in MS.**  
**Jorgio Khayrallah** - MSWA Accredited Exercise Physiologist
3. Thursday, 31 July  
**My fatigue is my main factor: How to overcome the barrier and start exercising.**  
**Jorgio Khayrallah** - MSWA Accredited Exercise Physiologist
4. Thursday, 7 August  
**Pain in MS: What is causing my pain and how can I manage it?**  
**Emma Pang** - MSWA Physiotherapist
5. Thursday, 14 August  
**Lymphoedema: The importance of looking after your legs.**  
**Kim Jahnig** - MSWA Senior Physiotherapist
6. Thursday, 21 August  
**Women's health: Exercise, pregnancy, menopause.**  
**Marga Ruiz Martinez** - MSWA Senior Physiotherapist

Contact Jorgio below to register your interest!



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