

THE RATTLER

For everything you **MUSCHA** know



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Dear MHA Supporters,
It's Tradies Health Month and we all love our tradies! Ensuring good musculoskeletal health as well as knowing how to navigate when you have an injury or condition that might impact your work is so important (and not just for tradies). So in this edition of The Rattler we have some great resources, tools and techniques that will help you in your work environment. And of course, after a hard day's work, who doesn't love a meal of fishy goodness. Our salmon parcel recipe is a phenomenal source of Omega-3, great for reducing inflammation and aiding in joint protection.

Until we rattle again
Helen Jentz
Chief Executive Officer

WorkWise



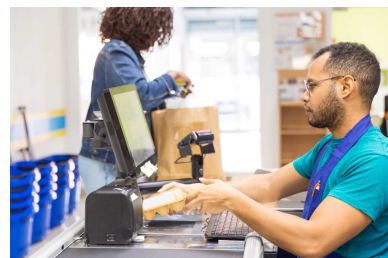
Is your condition
affected by your work?

Your rights at work



Important tips to keep
in mind!

Pain and work



Things you can do to
manage!

The importance of exercise and physical activity for osteoarthritis

Join us as Dr Christian Barton
presents this informative webinar
on 21 August.

Register today

Brought to you by our partner Peninsula Hot Springs

FREE



Vale Tricia Greenway

Swap 'ouch' for 'ahh'

Something fishy



Our valued colleague who passed away 8 August.



Who said pain management had to be 'painful'?



Tasty salmon parcels to ensure your Omega-3 intake.

A companion for strolls, trips or travel!

At just 4.8kg the **byACRE Carbon Ultralight Walker** is the lightest in the world and uses space-age technology and the best of Danish design.

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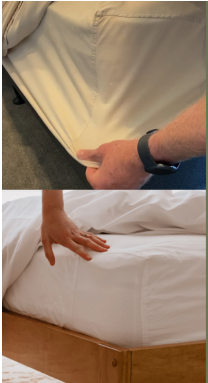


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