



PLUS
Neuro Wellbeing

Tasmania Newsletter
May 2026

Our Values - Empowerment, Community, Expertise, Creativity and Spirited

Join the Challenge to Leave MS where it belongs - Behind Us!



Come join a community that's moving for a cause! We're asking you to take on a challenge to walk, run, or roll 50km (or as far as you like!) this May to support life-changing MS research. Every step helps fund research into treatments, prevention, and—one day—a cure.

Whether you want some "me time" solo, or want to team up with friends and colleagues, you can set your own pace and crush your fitness goals at the same time. Let's leave our limits behind this May and work together to leave MS where it belongs, behind us.

Sign up today: www.themay50k.org

MS Plus Virtual Art Show closing soon: Enter by 8 May

There's still time to be part of the 2026 MS Plus Virtual Art Show but entries close on 8 May. The Art Show is open to all MS Plus clients, with prizes awarded across a range of categories including painting, drawing, craft and more, including special categories for carers and youth.

Don't miss this opportunity to showcase your creativity, visit our website for details: [MS Plus Virtual Art Show](#)



MS Plus
Art Show
Entries closing
8 May



Employment Support Service (ESS) for Tasmanians living with MS



Our free Employment Support Service (ESS) supports people living with MS and other neuro conditions at every stage of their working life. No matter where you live in Tasmania, we can assist you – our service is delivered entirely over the phone, so there's no need for in-person visits. Whether you're currently employed or exploring new opportunities, our support is tailored to your individual needs.

We can help you manage symptoms at work, recommend equipment to

make tasks easier, and share practical strategies to improve focus and productivity. If you're unsure about disclosing your MS diagnosis, we offer guidance to help you make informed decisions.

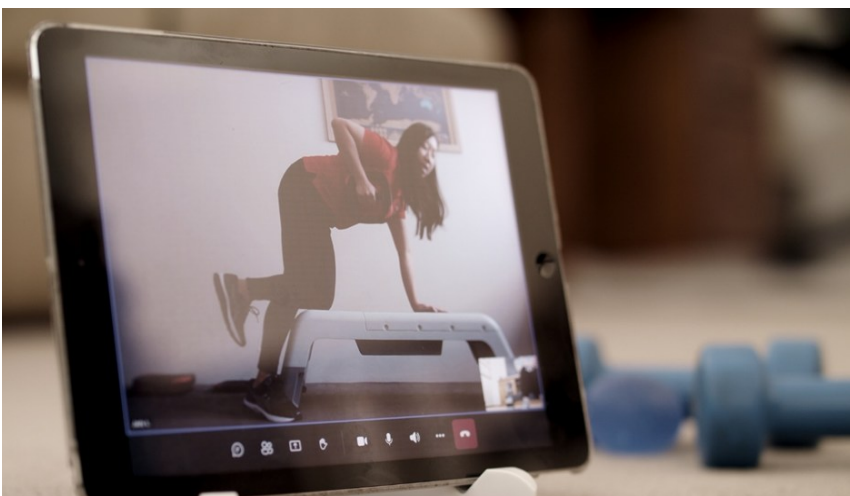
Looking for work? We'll assist with resumes, interview preparation and job searching.

To get started, call **1800 042 138**, email connect@msplus.org.au or visit our website

[More information here](#)

Live well your way with support from the Hobart Wellbeing Centre

Discover personalised support to help you live well your way at our Hobart Wellbeing Centre. Whether you prefer to visit in person or connect via telehealth, our team is here for you, no matter where you are in Tasmania.



Our centre features a specialised neuro gym designed to support people living with multiple sclerosis (MS) and other neurological conditions in achieving their goals.

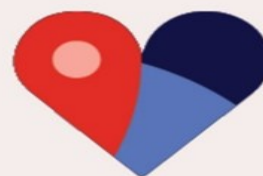
We offer a wide range of services via telehealth, including Exercise Physiology, Occupational Therapy, Diet and Nutrition, Peer Support, NDIS Support Coordination and Plan Management, Employment Support Services and Continence Support.

Free one-on-one support from one of our MS Nurses is also available.

Visit our website to learn more: www.msplus.org.au/your-neuro-condition/visit-a-wellbeing-centre/hobart-wellbeing-centre-tasmania

what's on

Exploring the latest programs and updates from client engagement and wellbeing



May 2026



Stay Active

Stay active, independent and healthy with our EP-led online group classes

- Live online 6 week program
- Max 4 people per group
- Exercises tailored to your ability and goals
- NDIS eligible

Designed to support everyday movement, these sessions help you build strength and confidence for daily life. Regular exercise can also help manage fatigue and support pain management.

Suitable for people using walking aids or with mild to moderate impacts on mobility, balance and movement.

*If you use a wheelchair, keep an eye out for a program suitable for you, coming soon!

When: 6-week program starting Tuesday 19 May 2026

Time: 12.00–12.45pm **Cost:** \$334 (NDIS eligible)

Hurry, places are limited

[Register Here](#)

Check out our new range

Why not show your support for people living with MS by rocking some awesome new **Do it for MS** merchandise.

You can find the new range here at our online store

[Link to Shop MS](#)





Scan to
register

Free online course for World MS Day

Multiple Sclerosis Symptoms & Diagnosis

01 May - 15 June

Learn about MS symptoms, the diagnostic process, and the impact of a diagnosis. Explore the global barriers to early MS diagnosis and solutions across the world.



REGISTER HERE



Research with Connections 2026

Join the MS Research Flagship for a day of research, community presentations, conversations and celebrations.

Date: Friday 29th May 2026

Time: 9am — 3:30pm

Venue: MyState Bank Arena, Hobart

- Free event with lunch and refreshments provided
- Free, accessible parking.



Tickets: research-with-connections-2026.eventbrite.com.au

For more details visit msresearchflagship.org.au

