

Who can help?



0800 MS LINE



WWW.MSNZ.ORG.NZ

Multiple sclerosis is a disease of the central nervous system which distorts signals from the brain and spinal cord throughout the body, causing a spectrum of symptoms.

Over 5000 New Zealanders have MS

A holistic approach that includes medication, physiotherapy, nutritious diet, adequate rest and moderate exercise are essential elements in living well with ms.

With 18 regional societies nationwide, your local society can provide advice and information on symptom management, treatment options, referrals, groups and exercise classes and other support services available in your area.

For more information and support, contact your local regional society today.



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