



**painaustralia**

## Morning Tea with Painaustralia & RSI ACT

Join us on

**9 SEPTEMBER | 10:30AM**

Building 1, Pearce Community Centre, Pearce ACT

RSVP: [admin@rsi.org.au](mailto:admin@rsi.org.au)

(Please include any dietary requirements)

You're invited to join us for a relaxed morning tea with the RSI and Overuse Injury Association of the ACT and Painaustralia.

It's a chance to:

- Hear practical tips for living well with repetitive strain injury, musculoskeletal conditions, or chronic pain.
- Learn about the services, programs, and support available through RSI ACT.
- Ask questions and connect with others who understand the challenges of ongoing pain and injury.

Held during International Pain Awareness Month, come along to connect, start a conversation, ask questions and find out more about services and support for you or a loved one.

**Janine Robertson**  
Director, RSI ACT

**Monika Boogs**  
CEO Painaustralia