

Expressions of Interest

**MUSCULAR
DYSTROPHY**
NSW BUILDING STRENGTH
REACHING POTENTIAL

YOUNG ADULTS Retreat

Fri 7 - Mon 10 Feb 2020

Join other young people aged 18-30 living with a neuromuscular condition

Meet new people , enjoy some amazing experiences and take a well-earned break!



HOW MUCH?

Your NDIS funding will cover your accommodation, activities and equipment. We will provide trained carers and a nurse will be on camp. There will be a \$120 booking fee payable up front to hold your spot.

WHAT YOU NEED TO DO

Ensure you have adequate funding in your NDIS plan. If you need advice or a quote, please don't hesitate to ask Jenny on **9888 5711** or at jenny.smith@mdnsw.org.au

We also want your input to make it an amazing experience for everyone who attends!

- Day trips on Northern Beaches
- Live music, dinner and drinks at the Newport Arms
- Bonfire with guest acoustic musician
- Swim at Collaroy Rock Pool
- Much much more!

WHERE?

The Sydney Academy of Sport and Recreation, Narrabeen

REGISTER YOUR INTEREST

There are limited places available so to register your interest or discuss the opportunities please contact Mitch on mitch.taylor@mdnsw.org.au or call **0458 026 532**



mdnsw.org.au