



YOUNG ADULTS *RETREAT*

Friday 6 - Monday 9 March 2026

Hang out with old mates and make new ones! Our Young Adults Retreats are for participants aged 18-30 living with a neuromuscular condition to get together, have fun and make memories with the freedom to plan your own program. Get in touch to secure your spot.

WHEN

Friday 6th March to
Monday 9th March
2026

WHERE

Point Wolstoncroft Sport and
Recreation Centre, Kanangra Dr,
Point Wolstoncroft NSW 2259

COST

\$120 non-refundable
registration fee.

FUNDING: You may be able to use funding from your NDIS plan to attend.

To register your interest, contact the MDNSW team on
info@mdnsw.org.au or phone 9888 5711.