



YOUNG ADULTS *RETREAT*

Friday 29 May - Monday 1 June 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 29th May to
Monday 1st June
2026

WHERE

Sydney Academy of Sport and
Recreation, Wakehurst Pkwy,
Narrabeen, NSW 2101

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.