



YOUNG ADULTS RETREAT

Friday 16 - Monday 19 October 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.

Can't make the full weekend? Join us for a social lunch on Saturday 17 October. More info on our events page [here →](#)

WHEN

Friday 16 – Monday 19
October 2026

WHERE

PARKROYAL Parramatta
30 Phillip St, Parramatta NSW 2150

COST & FUNDING

Thanks to a generous grant from the Department of Health, Disability and Ageing, this Retreat's accommodation is fully funded. Participants will be required to pay for some meals and optional activities. A \$120 non-refundable registration fee also applies.

Register your interest at mdnsw.org.au/register-for-an-event/ or contact the MDNSW team at info@mdnsw.org.au or call 9888 5711.