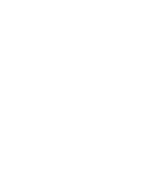
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***Enhancing Musculoskeletal Health Through Exercise***

**12:00 - 1:00 PM AEDT**

[REGISTER HERE](https://events.teams.microsoft.com/event/60f7e2c6-c7bd-4a0f-8378-cfff908534be@67c5fffa-672b-4dde-bbff-cacc72e3df53)

Fitness Passport is championing the power of exercise for Musculoskeletal Health. Join us for an informative webinar featuring leading experts, Dr. Mitchell Gibbs - UNSW Master Researcher, and Musculoskeletal Health Australia (MUSCHA), who will share the latest research and ﬁndings in musculoskeletal conditions and managing pain through exercise.

What is Musculoskeletal Health?

Musculoskeletal health refers to the wellbeing of the muscles, bones, joints, and connective tissues that support movement and stability. Maintaining good musculoskeletal health helps prevent conditions like arthritis, osteoporosis, and chronic back pain, allowing individuals to stay active and pain-free.

Your whole organisation is invited to join our webinar

FITNESS PASSPORT WEBINAR

STRONG FOUNDATIONS:

**Thursday, 21st November 2024**

[**Wellbeing Resources**](https://linktr.ee/fitnesspassport)

Explore a range of wellbeing resources packed with valuable information to support you on your wellbeing journey!