

MND

ACTION

MONTH

**Help make time count
for people with motor
neurone disease**

MND takes away the use of your arms and legs, even eating, swallowing, speaking and ultimately the ability to breathe. Often within months.

This June host a **Cuppa Tea** or take the **Ice Bucket Challenge** and help fund research, advocacy, and support.

TOGETHER, WE CAN BEAT MND

Sign up at mndmonth.org.nz

**Cuppa Tea
For MND**

**ICE BUCKET
CHALLENGE**



mnd
Motor Neurone Disease
New Zealand