

# 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](http://mndmonth.org.nz)

Cuppa Tea  
For MND

ICE BUCKET  
CHALLENGE

  
**mnd**  
Motor Neurone Disease  
New Zealand