



ME/CFS Australia (Victoria)

Office: Suite 5, 106 Foster Street, Dandenong VIC 3175

Address: PO Box 7100, Dandenong VIC 3175

Office: (03) 9791 3100

Support: (03) 9791 2199

Email: admin@mecfs-vic.org.au

Website: www.mecfs-vic.org.au

ABN: 22 385 438 041

ARBN: 136 448 050

IAN: A0016974N

DGR: 900279668

CONDITIONAL TAX INVOICE

Self-Help Courses on Managing ME/CFS and Fibromyalgia

ME/CFS Australia (Victoria) runs regular self-help courses for people and carers with ME/CFS and Fibromyalgia. Courses are based on Bruce Campbell's 'Managing CFS and Fibromyalgia', and are run over six 1 ½ hour sessions in person, by telephone (or internet, by Skype) over eight weeks.

Cost:

Course	Book	Total Cost
Member: \$110	\$30	\$140
Non-member: \$160	\$30	\$190

Note: If you already have a copy of 'Managing CFS and FM' by Bruce Campbell, you do not need to purchase another one; just subtract \$30 from the **total cost**.

Bookings are essential as places are limited.

Course details:

Dates:	Session 1:	May 5 th
	Session 2:	May 19 th
	Session 3:	May 26 th
	Session 4:	June 9 th
	Session 5:	June 23 rd
	Session 6:	June 30 th

Time: 2.30pm – 4.00pm (all sessions)

Location: Suite 5, 106 Foster Street, Dandenong OR via telephone. Calls are initiated from the office.

If not attending in person, please indicate your preferred method of contact for sessions:

Telephone , my land line number is:

In Person

If you are not able to participate in this session but are interested in a future session, please contact ME/CFS Australia (Victoria) on (03) 9791 3100 to register your details.

I would like to register for the self-help course:

Name: _____

Address: _____

Phone: _____

Mobile: _____

Email: _____

Payment Information:

Payment can be made by credit card, money order or cheque. Please make cheques and money orders payable to ME/CFS Australia (Victoria).

Course	Book	Total Cost
Member: \$110	\$30 <input type="checkbox"/>	
Non-member: \$160	\$30 <input type="checkbox"/>	
Donation (optional):		
Total Enclosed:		

Please charge my Visa or Mastercard

Card number:

Expiry date: /

Cardholder's name:

Cardholder's signature:

Payments made by credit card can be phoned through to the office on **(03) 9791 3100**.



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CONDITIONAL TAX INVOICE

Education Session for Parents of Children, Teenagers and Young Adults with ME/CFS

One-off, two-hour education and informal discussion sessions allowing parents of children, teenagers and young adults the opportunity to share ideas and strategies to help support their child, teenager or young adult with ME/CFS run throughout the year.

Cost: Members \$25 per family; non-members \$50 per family.

Dandenong Session

Date: Thursday June 2nd 2011

Time: 4pm – 6pm

Location: ME/CFS Victoria office in Dandenong or via telephone link.

I would like to register for the parent's education session:

Name: _____

Address: _____

Phone: _____

Mobile: _____

Email: _____

Number of people attending: _____

I am:

Attending in person

OR

Attending via telephone

If not attending in person, please indicate your preferred contact number for the session (must be a land line within Australia):

My land line number is:

Payment Information:

Payment can be made by credit card, money order or cheque. Please make cheques and money orders payable to ME/CFS Australia (Victoria).

Session	Cost
Member (per family):	\$25
Non-member (per family):	\$50
Donation (optional):	
Total Enclosed:	

Please charge my Visa or Mastercard

Card number:

Expiry date: /

Cardholder's name:

Cardholder's signature:

Payments made by credit card can be phoned through to the office on **(03) 9791 3100**.

'Managing Chronic Fatigue Syndrome and Fibromyalgia' by Bruce Campbell

ME/CFS Victoria highly recommends this book for those with ME/CFS, their carers and all health support workers. Copies are available from ME/CFS Victoria for \$30 plus postage and handling.

Members are able to borrow this book from the ME/CFS Victoria library.

Bruce Campbell, Ph.D., created and directs the CFIDS and Fibromyalgia Self-Help program (www.cfidselfhelp.org). A recovered CFS patient, he has worked at Stanford University on self-help programs for chronic illness.

"I have encouraged virtually all of my patients to read this book and follow Campbell's advice... This book offers hope to those with CFS and FM."

Charles Lapp, MD