

Shut Up for MND table topper:

1. Cut along the white dotted lines (don't forget to cut the slits along the left side).
2. Fold the topper into three.
3. Insert the tabs through the slits to create your standing table topper.

ABOUT MND VICTORIA:

For 43 years, MND Victoria has provided the best possible care and support for those living with MND. We are the only not-for-profit organisation in Victoria providing direct care to those living with the devastating disease.

At no direct cost to the person with MND, MND Victoria provides:

- MND Advisor - expert knowledge, support, and guidance to help manage MND and access services
- NDIS Support Coordination
- Information Sessions
- Equipment (Loan) Service
- Support Group Programs
- Support for Carers
- Other Services - our volunteers provide massages, social support and more

No matter how much you donate or raise, you can be assured that the funds will help provide the best possible care and support for Victorians impacted by motor neurone disease.

I'M PARTICIPATING IN



ON THURSDAY 13 NOV 2025

Shut Up! For MND is a unique way to bring attention to what many living with MND face on a daily basis.

Each MND journey is different, but a number of people will lose their voice and become reliant on other forms of communication.



MOTOR NEURONE DISEASE (MND)

On average in Australia, **2 people are diagnosed with MND every day, and 2 people die of MND every day.**

MND is a progressive, degenerative disease that attacks the nerves that support movement, speech, swallowing, and breathing. Motor neurones normally carry messages from the brain to the muscles via the spinal cord. The messages allow people to make voluntary movements like walking, swallowing, talking, and breathing. With MND, however, the nerves become damaged and start to die so muscles gradually get weaker and waste away.

There is currently no known cause, treatment, or cure. In 90-95% of cases of MND, the cause is unknown. In the other 5-10% of cases, a genetic mutation is the cause of the disease.

Being part of the Shut Up! for MND Challenge means you're raising awareness and funds that supports those living with MND. **Thank you.**