

## News Bulletin – April 2023



Like many celebrations, Easter can have a focus on food, which creates additional challenges for families and individuals living with PWS. It's important that families are supported in their dietary management decisions.

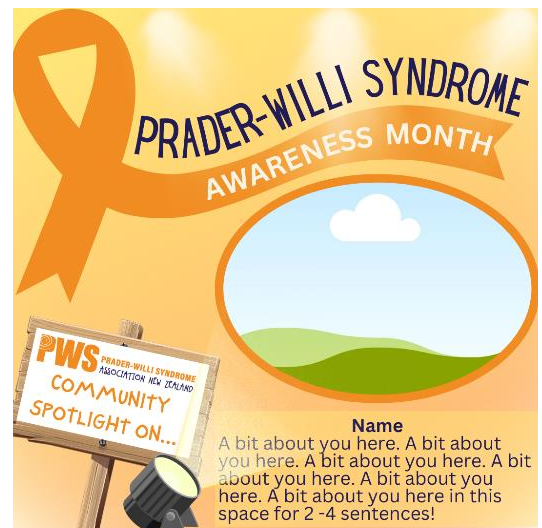
Our [Easter blog](#) was posted on [Facebook](#) and can be shared with friends and family. It explains the reasons for omitting or limiting sweet treats in a PWS diet, different approaches for managing treats, and also includes a collection of alternative ideas for celebrating Easter.

### Awareness Month: Community Spotlight

PWS Awareness Month is coming up. As usual, we will be sharing awareness information and sending out [ribbons, wristbands and posters](#).

We are also keen to shine a spotlight on some of our members living with PWS during May. To take part, please [send us a photo](#) and tell us a little about it. You could share something that makes you proud, an achievement, milestone, or a goal being worked towards. You might share a challenge that has been overcome. Just write a few short sentences or we can do this for you.

We're also very happy to support any awareness or fundraising ideas you have for May. If you have any questions about how we can help, please don't hesitate to contact us.



### Reminder: ALPWS Leadership Meeting

We would like to remind the Adults Living with PWS Leadership Group that your first meeting by Zoom is taking place on **Monday at 7pm**. All 12 group members were sent the link and password, but please [get in touch](#) if you would like us to send this again. The link can also be found on the [ALPWS Leadership](#) page.

## Other Reminders...

### **IPWSO Challenging Behaviour Family Meeting** (being held at 2 times):

April 22nd 9am UK = Sat April 22nd 8pm NZ

April 22nd 5pm UK = Sun April 23rd 4am NZ

With brief presentations from two professionals and two parents, meetings are directed at parents and families, but anyone with an interest is welcome.

[Registration essential >](#)

### **Mental Health ECHO® Series**

The recordings of [Session 1](#) are now available. The presentation and discussion around well-being was particularly good.

Session 2 Weds April 26th @ 3am (NZT): Atypical brain development, cognitive impairment, and hypothalamic dysfunction.

It's not too late to join. You can share details with any professionals you are working with via the [pdf flyer](#) or the IPWSO Mental Health ECHO® [webpage](#).

If they are not able to join the meetings (the timing of which is unfortunate for us), registration will ensure that recordings and summaries are received after each session.

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We would like to take the opportunity to wish you all happy, healthy and restful Easter holidays. 😊

Prader-Willi Syndrome Association New Zealand

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