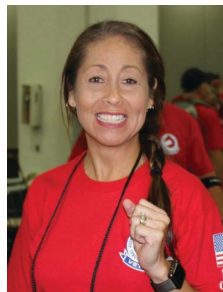


# Empower and educate: MDA community resources



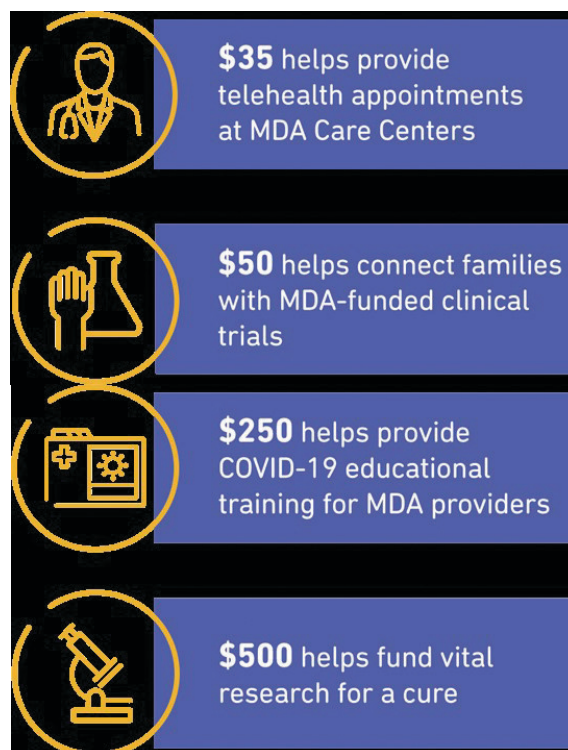
Christina Vela Davidson



**T**he Muscular Dystrophy Association (MDA) supports community members with neuromuscular diseases by spreading awareness to the general public, as well as committing to transforming the lives of people living with neuromuscular disease. Here are programs and services that can help:

- **Access workshops**—These educational workshops provide information and resources on access to care and services and on overcoming barriers. Each online workshop includes videos and activities that help you build knowledge, health literacy and self-advocacy skills. They're available on demand, allowing you to work through them at your own pace. Find workshops at [mda.org/accessworkshops](https://mda.org/accessworkshops).
- **Advocacy centers**—Find resources and webinars that will help you make your voice heard on issues that are important to the neuromuscular disease community. Visit [mda.org/advocacy](https://mda.org/advocacy).
- **Community education**—From disease fact sheets to in-depth guides on genetics and clinical trials, MDA provides educational materials in English and Spanish at [mda.org/education](https://mda.org/education).
- **Engage events**—These community education programs empower individuals and families with knowledge and resources about neuromuscular disease. Find upcoming events and view recorded programs at [mda.org/engage](https://mda.org/engage).
- **Social media**—MDA tackles timely and engaging topics, such as the COVID-19 vaccine and accessible fashion on Facebook Live. Follow MDA at [facebook.com/mdaorg](https://facebook.com/mdaorg). Find past events on MDA's YouTube channel at [youtube.com/mda](https://youtube.com/mda).
- **MDA care centers**—MDA supports a network of care centers at more than 150 of the top health care institutions across the United States. To learn about MDA Care Centers and find a location, visit [mda.org/care/mda-care-centers](https://mda.org/care/mda-care-centers).
- **National Resource Center**—The Resource Center provides one-on-one support via phone or email for individuals and families looking for information about neuromuscular diseases, services, activities and more. Resource Center staff are available Monday through Friday, 9 a.m. to 5 p.m. Central time and are typically able to answer questions within one to two business days. Call 833-ASK-MDA1 or email [resourcecenter@mdausa.org](mailto:resourcecenter@mdausa.org).

Finally, the graphic below shows where some of your fundraising goes:



## MDA 'Deliver the Cure' Branch Challenge starts Oct. 1

October marks our next Branch Challenge, and we want all branches to participate. Take these steps today:

1. **Register your branch:** Be sure your branch is registered at [mda.donordrive.com/event/nalc2021](https://mda.donordrive.com/event/nalc2021). This will be an online hub for your branch for the entire year, where you can raise money online, host events and track all offline donations/checks.
2. **Fundraise:** Customize your branch page, send emails and start a Facebook fundraiser.
3. **Track your activity:** Once you are registered, download the MDA Fundraising App and track your physical activity while you raise money for MDA.
  - Download the MDA Fundraising App.
  - Log in, then click "Get Active" and connect to your Apple Health/Google Fit.
  - Ask donors to support you as you support MDA walking your route, doing an activity, etc.
4. **Recognition:** We will recognize the top fundraising branches weekly, while also sharing updates on what your fundraising is making possible.