

THE MYOSITIS ASSOCIATION

MYONews & Updates

July 2022 | Issue Seven

Upcoming Events

Some of our support groups are not meeting this month due to the holiday weekend. Please check our calendar for details and have a happy Fourth!

July 10 - FUN FIT FLEX DMV

July 21 - Ask the Doc Series

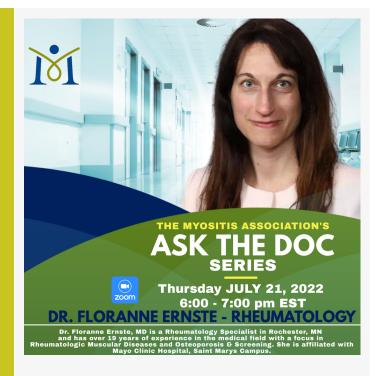
NEW EPISODE! TMA Myositis Family Podcast

FUN FIT FLEX

International Annual Patient
Conference



Please check out TMA's brand new Find A Doctor tool (through a new partnership with MediFind)! If you



Dr. Floranne C. Ernste is a Rheumatology Specialist in Rochester, MN and has over 19 years of experience in the medical field. Dr. Ernste has extensive experience in Rheumatologic Muscular Diseases and Osteoporosis & Screening. She graduated from East Tennessee State University/James H Quillen College Of Medicine medical school in 2003. She is affiliated with Mayo Clinic Hospital, Saint Marys Campus. Dr. Ernste also serves on the Medical Advisory Board for The Myositis Association.

REGISTER FOR ASK THE DOC

SUBMIT GENERAL QUESTIONS

are looking for a clinician or specialist with documented experience treating the different types of myositis (or to add to your current care team), this could be a great place to start! We are working out some things in the partnership to better feature some of the docs known to TMA, but we are so excited about the availability of this new feature for our patients! If you have any trouble navigating, please reach out to us at tma@myositis.org.

FIND A DOCTOR

TMA Fundraising Corner



Our Myositis Docs are participating in TMA's FUN FIT FLEX? Won't you join them?

TMA's FUN FIT FLEX serves to build community awareness, and standing with us are some of the most well-known and experienced clinicians and scientists in the myositis space, most of whom serve on The Myositis Association's Medical Advisory Board!

Honor their work and efforts by joining or donating to their FUN FIT FLEX teams! The Johns Hopkins Myositis Center team includes our friend Dr. Lisa Christopher-Stine and MAB members Dr. Tom Lloyd, Dr. Tae Chung, Dr. Sonye Danoff, and Julie Paik!

The Myositis Center invites you to

FUN FIT FLEX Greater Philadelphia

On Saturday, June 18th we kicked off our first FUN FIT FLEX event in Greater Philadelphia and it was EVERYTHING the community needed it to be!

THANK YOU TO ALL INVOLVED! It was an incredible opportunity to build awareness, educate about myositis, focus on fitness and wellness, and was a day for patients, care partners, friends, and family to assemble to celebrate our community's resilience.

WE WERE READY TO FLEX! And, on top of it all, we raised much needed funds for The Myositis Association and our mission.

You can get involved...whether at an in person event, virtually, or even just as a fundraiser/awareness builder. Join our #MYOMovement



participate with them by registering to join their team, or donating to their fundraising efforts.

Are you ready to FLEX? Click Here to donate to The Johns Hopkins Myositis Center Team

Community Tip

Make driving easier with a steering wheel spinner knob. Be sure to measure your steering wheel before purchasing - and shop around for what suits you best. Here is an option with 4.5 stars.

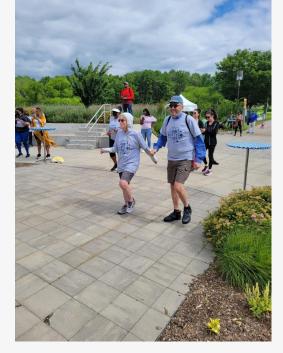


CLICK HERE FOR MORE PRODUCT INFORMATION

Affinity Group Meetings



REGISTER FOR FLYING SOLO
AFFINITY GROUP







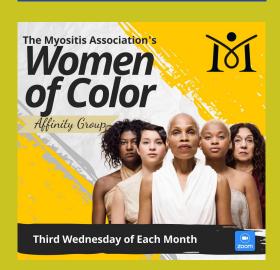
Join us on Sunday, July 10th for



REGISTER FOR MILITARY VETERANS AFFINITY GROUP



REGISTER FOR WOMEN WITH
IBM AFFINITY GROUP



REGISTER FOR WOMEN OF COLOR AFFINITY GROUP

FUN FIT FLEX DMV



2022 FUN FIT FLEX Incentives



We are proud to recognize our fundraisers who take an extra step to positively impact the myositis community.

Every participant who raises \$100 or more will receive a FUN FIT FLEX Commemorative Event T-Shirt.

Those going above and beyond by raising \$1,000 or more will earn a FUN FIT FLEX Zip



REGISTER FOR CAREGIVER
AFFINITY GROUP



REGISTER FOR MEN
MANAGING MYOSITIS
AFFINITY GROUP



REGISTER FOR AFFINITY GROUP IN SPANISH -ADELANTE!

Pullover!

We truly appreciate your dedication to help us create awareness and raise funds for people with myositis.

START YOUR FUNDRAISING TODAY!

1.	Step up and show yo	our commit	ment with	your	\$ 50
	own donation				

2. Ask your spouse to match your donation \$50
3. Ask your manager \$50

4. Ask your coworkers (10 x \$15 each) \$150

5. Ask someone with myositis \$ 50
6. Ask your neighbors (10 x \$15 each) \$ 150

7. Ask your friends (10 x \$15) \$150
 8. Ask people in a club or organization (10 x \$20) \$ 200

9. Post it on your social media (10 x \$10) \$100

10. Ask someone who has asked for your help in \$50

TOTAL \$ 1,000











REGISTER FOR RAINBOW WARRIORS AFFINITY GROUP







2022 International Annual Patient Conference



REGISTER FOR APC

The Myositis Association

The Myositis Association would like to wish patients, care partners, friends,



family, sponsors and healthcare providers a very happy
4th of July holiday!