



THE MYOSITIS ASSOCIATION®

MAY 1-31

Myositis Awareness Month



Dear Linda,

As we enter the final week of Myositis Awareness Month, we want to pause and thank each of you. Your strength, stories, and support continue to inspire us every single day.

We are honored to be part of your myositis journey and proud to serve as the leading global resource and advocacy organization for the myositis community, supporting many tens of thousands people worldwide since 1993.

Every day, your resilience, perseverance, and courage reignite our mission: to improve the lives of those affected by myositis, fund innovative research, and increase awareness and advocacy on a global scale.

This Myositis Awareness Month, your support means more than ever. Every gift helps us provide critical resources, drive research, and uplift those living with myositis. If you've been waiting for the right moment to give, this is it.

[Donate now and help us finish strong.](#)

Thank you for making this moment possible.

With gratitude,
The TMA Team

Diagnosis Days

Join us for Diagnosis Days this May to learn from and connect with other community members who know exactly what that life-altering experience feels like. On each Diagnosis Day, an educational "Ask the Expert" webinar features a TMA Medical Advisor and world-renowned myositis expert. Each webinar is paired with an informal

“Café Chat” where your family can gather with others affected by your form of myositis.

Upcoming Diagnosis Days

- Polymyositis (PM) & Overlap Myositis (OM): May 30

[Learn More](#)

On May 7, we kicked off our Diagnosis Days series with an incredible focus on Inclusion Body Myositis (IBM), followed by Dermatomyositis (DM) on May 15 and Necrotizing Myopathy (NM) on May 21.

Top myositis experts answered your questions during our "Ask the Expert" webinars, and the community enjoyed connecting during our diagnosis-focused Café Chats.

Thank you to everyone who joined, asked questions, and shared their stories! Together, we're building a stronger, more informed future for those living with myositis.

Polymyositis (PM) & Overlap Myositis (OM): May 30



Join us for a special Ask the Expert session in honor of Polymyositis (PM) & Overlap Myositis (OM) Diagnosis Day during Myositis Awareness Month!

Featuring: Dr. Chester Oddis, renowned expert in myositis care and research

Moderated by: TMA volunteer Kimberly Branche

Bring your questions and tune in for an insightful discussion focused on PM and OM — from diagnosis to treatment and living well with these conditions.

☐ May 30 | ☐ 5 PM ET | 2 PM PT



Join us for a relaxed and supportive social hour just for those diagnosed with Polymyositis (PM) and Overlap Myositis (OM).

This is a chance to connect, commiserate, and share experiences in a friendly, meeting-style format—camera optional, no pressure. The conversation will be guided by TMA Board Member and Group Leader Holly Jones, living with PM and bringing compassion to the virtual table.

Come as you are—this is your space.

☐ May 21 | ☐ 5 PM ET | 2 PM PT

Register Today

Register Today



Donate For
Myositis Awareness!



This Myositis Awareness Month, your support means more than ever. Every gift helps us provide critical resources, drive research, and uplift those living with myositis. We can't do it without you, thank you for being part of this mission.

Donate Today

Be Inspired by Patient Stories

Behind every diagnosis is a voice filled with strength, hope, and determination. This Myositis Awareness Month, we invite you to hear directly from patients and care partners who've turned hardship into advocacy and isolation into connection.

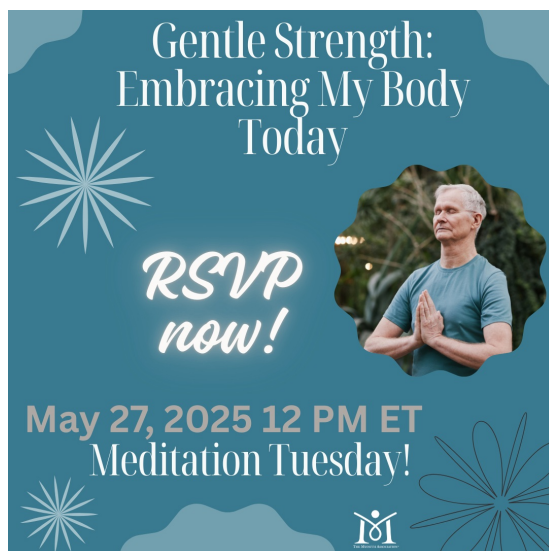
[This is the greatest community you can imagine](#)

[TMA was like a life saving ring](#)

[DM is an invisible illness](#)

Let them inspire you to give, share, and stand with the myositis community.

This Week at TMA



RSVP Today

Meditation Tuesday

Gentle Strength: Embracing My Body Today
An inclusive guided meditation for people living with myositis and their care partners.

Take a compassionate pause with this 10-minute meditation designed to help you reconnect with your body, your breath, and your inner strength—exactly as you are today.

No experience needed—just a willingness to show up as you are.

Come as you are. Leave with a little more peace. Now at a later time!

My Myositis Lifestyle Roundtable Talk

May 28, 2025 at 6:00pm ET | 3 PM PT

Join us for My Myositis Lifestyle Roundtable Talk, a FREE virtual event. You will hear from our amazing speakers living with Myositis and learn about their health journey, how they navigate through life sharing about their lifestyle and how they manage their disease. Which is why I urge you to join us and tell a friend or family member who is living with Myositis or wants to help raise Myositis awareness. We look forward to seeing you.



[RSVP Today](#)



[RSVP Today](#)

Bridging Experience & Expertise: Myositis Patients as Healthcare Providers

Thursday May 29 6:30 pm ET

In this insightful and interactive webinar, we bring together a panel of myositis patients who are also healthcare professionals, offering a unique opportunity to hear from individuals who not only understand the condition firsthand but also have a deep understanding of medical care and treatment.

First Pitch and Game Night in Florida

Thursday, May 29, 2025 6:10 PM ET

St. Lucie Mets vs. Palm Beach Cardinals
Clover Park, 31 Piazza Dr., Port St. Lucie, FL 34986

Join us for TMA's Myositis Awareness Night and Fundraiser at Clover Park with the St. Lucie Mets! May is Myositis Awareness Month, and we will be sharing awareness with the community in Port St. Lucie.

Arrive by 5:45 pm to make sure and catch our ceremonial first pitch before the Mets game begins at 6:10 pm! Tickets purchased from this link will have a portion of the ticket benefiting TMA.


Questions? Want to meet up? Contact: TMA Board Chair Laurie Boyer.




[Get Your Tickets Today](#)

STRIKE OUT MYOSITIS!

FIRST PITCH FOR MYOSITIS AWARENESS
MAY 30, 2025 • 7:00 PM
COME SUPPORT THE MYOSITIS ASSOCIATION
AND HELP US SPREAD THE WORD
COME SEE CHIP GALLOWAY
THROW THE FIRST PITCH


THE MYOSITIS ASSOCIATION®
www.myositis.org



First Pitch in South Carolina

Friday, May 30, 2025 7:05 PM ET

Columbia Fireflies vs. Fayetteville Woodpeckers
Segra Park, 1640 Freed Street, Columbia, SC 29201

Join us for TMA's Myositis Awareness Night and Fundraiser at Segra Park with the **Columbia Fireflies!** May is Myositis Awareness Month, and we will be sharing awareness at to MiLB games this week.

Questions? Want to meet up? Contact: TMA Board Member Chip Galloway.

[Get Your Tickets Today](#)



Member Stories: Polymyositis (PM) & Overlap Myositis (OM)

In honor of Polymyositis (PM) & Overlap Myositis (OM) patients around the globe,

we're sharing the powerful stories of individuals living with Polymyositis (PM) & Overlap Myositis (OM). Their journeys capture the resilience, challenges, and courage within our community. Be sure to visit the [TMA blog](#) for more inspiring stories all month.

[I am a myositis and cancer warrior](#)



Raising Awareness with TMA

The Myositis Association calls on every individual impacted by myositis - patients, caregivers, healthcare providers and advocates - Act now.

[Ask your Representative to co-sponsor H.Res. 277](#) and help bring national attention to the realities of living with myositis. Your message can drive the change that leads to faster diagnoses, better care, and lasting support for every person impacted by myositis.

[Ask your Representative to co-sponsor H.Res. 277](#)

Friday, July 11, 2025
12 PM ET | 9 AM PT



THE MYOSITIS ASSOCIATION

New Member Orientation

Connect with people like you | Connect with resources
Connect with global myositis experts
CONNECT WITH TMA



New Member Orientation

Open to all regardless how long ago you joined TMA!

Living with myositis can be challenging, but you are not alone. Please join us virtually to learn more about education and resources to help you on your myositis journey and make new friends who know, understand, and share your new normal. **Connect with people like you, connect with resources you need, connect with global myositis experts – connect with TMA!**

Friday, July 11, 2025 | 9 AM PT | 10 AM MT | 11 AM CT | 12 PM ET

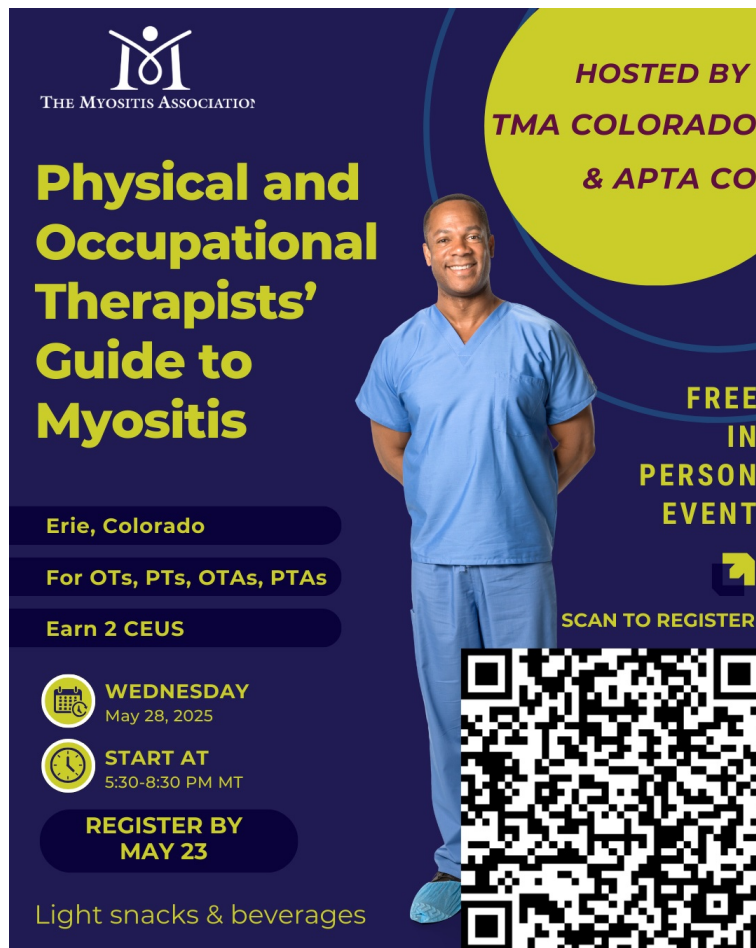
[RSVP Today](#)



TMA understands how deeply myositis can affect emotional well-being for both patients and their loved ones. Research shows that individuals with rare diseases like myositis are at a higher risk for anxiety and depression compared to those with more common conditions.

If you've found ways to care for your mental health while living with myositis, we invite you to share your tips. Your experience could make a meaningful difference for someone else on the same journey.

[Share Your Tips](#)



Physical and Occupational Therapists' Guide to Myositis Symposium

Date: May 28, 2025

Time: 5:30 PM - 8:30 PM MT

Location: Erie Community Center, Mitchell Room, 450 Powers Street, Erie, Colorado 80516

Details: Join TMA's Colorado Support Group and APTA Colorado for this free in-person symposium designed for PTs, OTs, assistants, and students interested in expanding their knowledge of myositis care. Attendees will earn 3 CEUs while gaining valuable insights into treating this rare and complex condition. **Please note this event is for healthcare professionals only.**

RSVP Today!

Myositis Awareness Month Resources



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Toolkit](#)

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THE MYOSITIS ASSOCIATION

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