



We're SO excited to see YOU at MyoCon 2026 in only a few short days!

Whether this is your first MyoCon or you've been coming for years, we've put together everything you need to know before you go.

As a reminder, the conference will be held at the Hyatt Regency St. Louis at the Arch Hotel. Check-in is at 4:00 pm, and the hotel will be happy to store your luggage for you if your room is not ready when you arrive. Please note that the airport does not offer a shuttle to the hotel.

Hyatt Regency St. Louis at the Arch

315 Chestnut Street
St. Louis, Missouri 63102
Check-in: 4:00 pm | Check-out: 11:00 am

Getting to the Hotel

The hotel is located in downtown St. Louis near the Arch. If you fly, you will need to rent a car or use a taxi, Uber or Lyft, or public transportation.

St. Louis Lambert International Airport is approximately 15 miles from the property. You may also reach the hotel using **public transportation (MetroLink)**. The closest station is the Convention Center or 8th & Pine station. It is accessible for attendees with disabilities.

Parking

TMA has negotiated a discounted rate of 20% discount on Hyatt's current rates, which are published as \$50/day for valet parking and \$40/day for self-serve parking. Please note that self-serve parking is limited, and not available on Friday or Saturday. On those two days, you will have to let the valet park your car.

Hotel Rooms

Reminder! The Hyatt offers approximately 200 standard rooms featuring an eight-inch step into the shower. This bathroom type is easier for many myositis patients than a bathtub (although these are not ADA rooms; they do not feature a roll-in shower or other accessible elements).

TMA has communicated to the hotel that as many of our attendees as possible should be checked into these rooms. Upon check-in, please request a room with a shower if that is your preference. You may have noted a preference for a shower when you made your reservation. ***Please reiterate that preference for a shower rather than a bathtub at the front desk when you arrive.***

HYATT REGENCY • ST. LOUIS AT THE ARCH • SEPT 24-27, 2026



Opening Keynote Speaker



Meghan O'Rourke

HYATT REGENCY • ST. LOUIS AT THE ARCH • SEPT 24-27, 2026



Closing Keynote Speaker



Mike Bush

Do You Have a Question for Our Keynote Speakers?

MyoCon 2026 will feature two powerful keynote conversations with Meghan O'Rourke and Mike Bush.

Opening Keynote Speaker Meghan O'Rourke, New York Times best-selling author of *The Invisible Kingdom: Reimagining Chronic Illness*, will share a message about chronic illness, feeling seen, and finding language for experiences that are often misunderstood.

Closing Keynote Speaker Mike Bush, one of St. Louis' most trusted storytellers, will present "The Strength in Us: Stories of Kindness, Courage and Hope," sharing stories of resilience, connection, and the strength people find in one another.

Do you have a question for Meghan O'Rourke, Mike Bush, or both keynote speakers?

Submit your question in advance. **All questions must be received by 12:00 PM ET on Friday, September 24, 2026.**

Ask Our Keynotes A Question



Join the Conversation in the Yapp app!

You'll find the full conference schedule, important real-time conference updates, conversations and more all in one place in the Yapp app on your phone or tablet.

Please note, virtual sessions are on Eastern time on the app; but the rest of the app are in Central time on the app.

Haven't downloaded the app yet? Download the official conference app through Yapp by scanning the QR code above or visiting <https://my.yapp.us/MYOCON26> on a smartphone. If you already have Yapp installed, tap "Add an Existing Yapp" or the green "+" button, enter MYOCON26, and follow the prompts.

MyoCon App Selfie Contest!

Share your conference selfies in the MyoCon app "social feed" section for a chance to win a \$75 Amazon gift card. Share your photos all conference long! Three winners will be announced after the conference adjourns on Sunday, September 27!



Heroes in the Fight Awards Celebration

It's not too late to join us as we celebrate our 2026 Heroes in the Fight! This unforgettable evening of friendship, fun, and celebration takes place on Saturday, September 26, during MyoCon in Dallas.

Enjoy a walk down the red carpet, snap photos at our special attendee photo booth, and honor the patients, researchers, and clinicians making a real difference in the myositis community.

A separate \$75 ticket/registration is required. Reception & dinner begin at 6:00 PM CT, and trust us, you won't want to miss it. Reserve your seat today and celebrate the strength of our community together!

Celebrate Our Myositis Heroes

Get Social at MyoCon!

Join the fun on social media using #MyoCon2026 when you share your favorite moments, selfies, and celebrations!

✓ **In-Person Photo Booth:** Snap a pic with friends and take home a memory. There will be photo booths Friday during the Heartland Harmony Welcome Reception, and Saturday during Heroes in the Fight!

✓ **Virtual Photo Booth:** Be sure to visit the [TMA MyoCon Virtual Photobooth](#) throughout the conference! Snap a photo, choose a MyoCon graphic, and share it with your community to help spread awareness, connection, and the message that no one facing myositis is alone.

✓ **GIFs & Stickers:** Search "TMA" on Giphy to find a library of myositis-related GIFs and stickers to use and share!

Let's flood the feed with community and connection at MyoCon 2026!

TMA on Giphy



Friday Night at MyoCon: St. Louis Fun, Trivia, Swag, and More

Friday night at MyoCon 2026 is packed with connection, community, and plenty of reasons to stay after the Opening General Session.

Start the evening at the **Heartland Harmony Conference Welcome Reception** on Friday, September 25, from 6:00–7:00 p.m. CT, where attendees can enjoy St. Louis blues, Midwestern comfort food treats, special local guests, and an Anheuser-Busch Clydesdale.

Then keep the fun going at **Pajama Jam Trivia Night** from 7:30–9:00 p.m., presented by the **Myositis Women of Color Affinity Group and Meredith's Legacy**. Wear your favorite PJs, bring your team, and get ready for a cozy, high-energy evening of trivia, laughter, and friendly competition.

Attendees can also look forward to conference swag, exhibitor giveaways, and a selection of featured books available during MyoCon, including:

- *The Invisible Kingdom: Reimagining Chronic Illness* by Meghan O'Rourke
- *Chair Yoga: Sit, Stretch, and Strengthen Your Way to a Happier, Healthier You* by Kristin McGee
- *That Was Father Stu: A Memoir of My Priestly Brother and Friend* by Father Bart Tolleson

Books will be available in limited quantities and offered on a first-come, first-served basis while supplies last, so be sure to stop by early if there's a title you'd like to take home.

Plus, attendees will receive MyoCon 2026 exclusive swag, including a zipper pull that's small, useful, and perfect for showing your myositis awareness on the go.



Exhibit Prize Cards and Welcome Bag Fun

MyoCon attendees will receive a welcome bag with helpful conference materials, including the conference program and MyoCon 2026 zipper pull. Attendees will also receive an Exhibit Prize Card, a fun way to visit exhibitors, collect stickers, learn about helpful resources, and enter to win raffle prizes.

To participate, attendees should visit at least 10 exhibitor booths, including the required booths 16, 17, 18, 19, 20, and 31, to collect stickers. Once the card is complete, attendees can check off the raffle prizes they would like to enter, and yes, they may select all of them.

Completed Prize Cards must be turned in at the Registration Desk by 9:45 a.m. on Sunday, and winners will be drawn during the Closing Session.

Prizes include:

- \$250 Amazon Gift Card donated by TMA
- \$250 Visa Gift Card donated by The Herlitz Company
- \$250 DoorDash Gift Card
- Relaxation Gift Basket donated by Avalyn Pharma
- Blue Heart Necklace donated by Rejected Hearts Club
- EZ-Step donated by EZ-Step

Be sure to visit the exhibit hall, meet our exhibitors, collect your stickers, and turn in your card for a chance to win!

Conference Attire & Dining

Attire for the conference is casual, but as always, hotel meeting rooms can be chilly, so be sure to bring layers. If you are planning to attend the [Heroes in the Fight Awards Ceremony & Dinner](#), the attire is cocktail.

The current weather forecast during the conference is calling for partly cloudy skies and temperatures in the low 80s.

Your conference registration includes many of your meals; however, [the hotel offers several on-site dining options](#) to choose from when the need arises.



MyoCon 2026 Conference Schedule

Thursday, September 24

- 1:00-5:00 PM: Excursion to Busch Stadium, Home of the St. Louis Cardinals (**separate ticket required**)
- 1:30-3:00 PM: Excursion to The Economy Museum, Home of the St. Louis Federal Reserve (**separate ticket required**)
- 3:00-4:00 PM: Move at Your Own Pace: Adaptive Pilates & PT Workout
- 4:00-6:30 PM: Early Registration Pick-up
- 5:00-6:00 PM: Networking Opportunities
 - First-Time Attendee Welcome
 - Military Veteran Meet-Up (for all conference attendees who are former military)
- 7:30-9:00 PM: Appreciation Dessert Event for TMA Donors (invitation only)

Friday, September 25

- 8:00 AM-4:30 PM: Registration Open
- 8:00 AM-12:00 PM: Excursion to Washington University in St. Louis, Jeffrey T. Fort Neuroscience Research Building (Fort Labs) (**Sold out**)
- 9:15 AM-12:30 PM: United Access Wheelchair Accessible Vehicle Demo
- 9:00-9:30 AM: Conference Buddy Meet-Up
- 9:30-10:30 AM: Move at Your Own Pace: Adaptive Pilates & PT Workout
- 9:30-10:30 AM: Rare Disease, Real Power: Why Myositis Advocacy Matters More than Ever | Rich DeAugustinis, TMA Board Chair
- 11:00 AM-12:00 PM: Back to Basics Breakout Sessions by Diagnosis
- 12:00 PM-2:30 PM: Lunch on Your Own
- 12:30 PM-1:30 PM: Lung Health Lunch (invitation only, hosted by Avalyn)
- 12:30 PM-1:30 PM: Educational Event about LISRAYA™ (brepocitinib) & Lunch (invitation only, hosted by Priovant)
- 12:30 PM: Exhibits Open (**detailed schedule and exhibitor list**)
- 2:30-4:00 PM: Ask the Experts Panels by Diagnosis

- Mini town halls for each form of myositis with TMA Medical Advisors and invited experts. Learn about the latest research underway across the globe, and what brings our distinguished panelists hope in their work.
- 4:30-6:00 PM: Opening General Session | **"The Invisible Kingdom"** Keynote: Meghan O'Rourke, introduced by Barbara Shaw, DNP, APN, FNP-C
- 6:00-7:00 PM: Heartland Harmony Conference Welcome Reception (followed by Dinner on Your Own)
 - Enjoy St. Louis blues, Midwestern comfort food treats, and special local guests – including an Anheuser-Busch Clydesdale!
- 6:30-8:30 PM: TMA Support and Affinity Group Leader Seminar & Dinner (invitation only)
- 7:30-9:00 PM: Pajama Jam Trivia Night (open to all, co-hosted by TMA Women of Color Affinity Group and Meredith's Legacy)

Saturday, September 26

- 7:00 AM-7:30 AM: Morning MyoWalk with TMA Volunteer Kaniah Gunter (meet in lobby)
- 8:00 AM-9:30 AM: Breakfast Provided
- 8:00 AM: Exhibits Open ([detailed schedule and exhibitor list](#))
- 9:30 AM-10:30 AM: Breakout Sessions
- 11:00 AM-12:00 PM: Breakout Sessions
- 12:00 PM-1:15 PM: Lunch Provided (Networking by Geographical Area)
- 1:30 PM-2:30 PM: Breakout Sessions
- 3:00 PM-4:00 PM: Breakout Sessions
- 6:00 PM: Heroes in the Fight Awards Ceremony and Dinner Gala ([separate ticket required](#))

Sunday, September 27

- 7:00 AM-7:30 AM: Morning MyoWalk with TMA Board Member Alicia Polak (meet in lobby)
- 8:00 AM-9:30 AM: Breakfast Provided
- 8:30 AM: Exhibits Open ([detailed schedule and exhibitor list](#))
- 8:30 AM-9:30 AM: Breakout Sessions
- 9:45 AM-11:00 AM: Closing General Session | **"The Strength in Us: Stories of Kindness, Courage and Hope"** Keynote: Mike Bush, introduced by Karen and Ralph Perkul
- 11:00 AM: Conference Adjourns

[View the Full Conference Schedule](#)

Plan Your Trip

Plan your trip to St. Louis with ease using these useful resources:

[Host City](#)

[Know Before You Go](#)

[The Hotel](#)

[Getting to the Hotel](#)

[Restaurants/Dining](#)
[Power Wheelchair, Scooter, Bed Lift Rentals](#)
[Pharmacies](#)

We've worked closely with our venue and planning partners to ensure that MyoCon 2026 is as accessible and comfortable as possible for all attendees. **The conference space includes wide aisles, wheelchair-accessible seating, and frequent breaks built into the schedule to help you pace your day.**

In addition, a Quiet Room will be available Friday and Saturday 8am-5pm and Sunday 8am-11am. Whether you're navigating with a mobility aid or just need a little extra space, we've got you covered - because this experience is for **you**.



Missed the Live MyoCon 2026 Orientation?

Not a problem! Catch up anytime with the replay and get all the tips, tools, and insider info to make the most of your MyoCon experience. Whether it's your first time or your fifth, this quick session will help you feel prepared.

[Watch the Replay](#)



MyoCon 2026 Sponsors

In honor of St. Louis' rich musical history, MyoCon 2026 sponsorship levels were designed with a nod to the sounds and spirit of the city. Each tier reflects a different part of the St. Louis experience while recognizing the organizations helping make this year's conference possible. We are grateful to all of our sponsors and exhibitors for supporting education, connection, research, and resources for the myositis community.

MyoCon 2026 sponsor tiers include:

- **Symphony Sponsors:** Octapharma, Pfizer, Priovant Therapeutics, and Boehringer Ingelheim
- **Blues Sponsors:** argenx, Bristol Myers Squibb, and Keenova Therapeutics
- **Foundry Sponsors:** Nkarta and Novartis
- **Heritage Sponsors:** Abcuro, Cabaletta Bio, Cartesian Therapeutics, CSI Pharmacy, Johnson & Johnson, NuFactor, Optum, RESTEM Group, and Soleo Health

TMA is also grateful to our **Heroes in the Fight Sponsors**, including Abcuro, argenx, AstraZeneca, Bristol Myers Squibb, Johnson & Johnson, Octapharma, and Priovant, for helping us honor the myositis heroes who inspire and strengthen our community. Special thanks also to our **sponsored table hosts:** Pfizer, Boehringer Ingelheim, and Keenova.

The potential for infections like COVID, flu, and other contagions continues to be a challenge for members of our community. TMA encourages taking measures to limit exposure, including wearing masks and practicing hand hygiene. If you're feeling unwell, we encourage you to take care of your health first. Everyone will understand if you need to avoid engaging with others at the conference. Thank you for being mindful of all those who are immunocompromised!

Connect with us!



The Myositis Association | 6950 Columbia Gateway Drive Suite 370 | Columbia, MD 21046 US

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