



## Get involved!

Volunteers are a crucial element in the fight against myotonic dystrophy! Are you interested in joining forces with MDF to create resources that will help us serve more members of the DM community and drive research? We have volunteers across the US and Canada who focus on:

- Raising myotonic dystrophy awareness in your local community
- Advocacy for increased awareness and federal funding for rare diseases
- Outreach to healthcare professionals
- Fundraising and awareness events
- Media and social media outreach
- Support groups and the MDF Warmline

### In just ten minutes a month, you can:

- Advocate from your own computer! Check our website ([www.myotonic.org/take-action](http://www.myotonic.org/take-action)) regularly for updates on how to advocate from home
- Make a donation and challenge your social network connections to do the same
- Become a fan of our Facebook page and YouTube channel, and follow us on Twitter and Instagram
- Share information on upcoming fundraisers to raise awareness about our events
- Sign up to attend a local event or support group meeting
- Make an event announcement at a local community meeting
- Wear a Myotonic Dystrophy Foundation pin or wristband

### In just 1-2 hours a month, you can:

- Ask your employer to publicize an upcoming event or national campaign, or make a volunteer recruitment announcement in the employee newsletter
- Find a creative way each week to promote the cause on social media. We can help!
- Ask a local business to distribute MDF blue wristbands

### With a little more time, you can:

*(These are done with the guidance of the MDF Community Engagement Manager or Outreach Director)*

- Contribute regular blog posts or guest posts to the MDF blog
- Attend a district meeting and share your story with your local legislator or member of Congress
- Post fliers around town about an upcoming meeting or fundraiser
- Create a team of family and friends to fundraise and participate in an upcoming campaign or event
- Serve on an event committee to help with logistics, sponsorships, entertainment, recruitment and more!

### Looking to make a sustained commitment?

We need volunteers for Advocacy, Blogging, Education & Outreach, Events/Fundraising, and Support Groups/Warmline.

Visit [www.myotonic.org/join-TeamMDF](http://www.myotonic.org/join-TeamMDF) or call 415-800-7640 to learn more about volunteer opportunities in your area. Together, we will make a difference!