

Take Action to Help Families Live Unlimited



The freedom to walk, to talk, to run and play. To laugh, to hug. To eat. To breathe. Each day across the country, these everyday freedoms are taken away from kids and adults with muscular dystrophy, ALS and related diseases that weaken muscle strength and severely limit mobility. You can change that.

Together, we can free families from the harm of these devastating diseases so they can live unlimited. **Join us at mda.org to save and improve the lives of the courageous families we serve.**

“MDA means hope. It means strength. It means courage. MDA has been great helping [our son] overcome everyday limitations, and I can’t be more thankful.”

— Josh Lybrand, whose son Ethan has Duchenne muscular dystrophy



Make a donation to fund more research and care for families.



Participate in an event. From joining one of MDA’s Muscle Walks, to running a half marathon on MDA Team Momentum to attending a black-tie gala, you’re sure to find an activity that inspires you from MDA’s 9,500 events nationwide.



Volunteer at your local MDA office, at an MDA Summer Camp or at an MDA fundraising event in your community.



Download our free MDA Amplify app on your smartphone from the app store to raise awareness on social media.



Every voice, every story and every dollar counts. Thank you for giving hope to MDA families and making urgently needed progress possible.

Upcoming events

Designated a “Top-Rated Charity” by the American Institute of Philanthropy, MDA is the first nonprofit to receive a Lifetime Achievement Award from the American Medical Association for “significant and lasting contributions to the health and welfare of humanity.”

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