

# Get Involved

Dianne Carroll

PPMD's Connect Coordinator & Parent

**Parent** JOIN THE FIGHT.  
**Project** END DUCHENNE.  
**Muscular**  
**Dystrophy**

# PPMD's Connect Long Island

- PPMD's Connect is the official family outreach program of Parent Project Muscular Dystrophy.
- Led by volunteer parents and grandparents, PPMD's Connect groups serve as regional points of contact for families and individuals affected by Duchenne and Becker.
- PPMD's Connect groups provide:
  - **Family Mentoring:** To connect families with local resources, help them better navigate the diagnosis of Duchenne or Becker, and provide ways to connect with other families both in-person and online.
  - **Outreach opportunities:** To participate in national awareness and advocacy campaigns.
  - **Fundraising opportunities:** From lemonade stands to silent auctions to endurance events, there's a way for everyone to make a difference and support PPMD's mission.

# How to Find Us

- Facebook:

[www.facebook.com/groups/PPMDConnectLongIsland/](http://www.facebook.com/groups/PPMDConnectLongIsland/)

- Email:

[ppmdconnectlongisland@gmail.com](mailto:ppmdconnectlongisland@gmail.com) or  
[di8640@gmail.com](mailto:di8640@gmail.com)

# Race to End Duchenne Challenge

- Virtual Fitness Challenge
- Go to [www.kilterrewards.com/events](http://www.kilterrewards.com/events), join the PPMD event, download the app, and start earning points for daily activities!
- Optional fundraising component
- Connect your fitness device (FitBit, Apple Health, Garmin, etc) or manually add your activity each day
- Compete for prizes and earn PPMD swag!
- The Challenge runs from June 15-July 31 and you can sign up at any time
- For more information contact Nicole Herring,  
[Nicole@parentprojectmd.org](mailto:Nicole@parentprojectmd.org)