

# Get Involved

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# PPMD's Connect Pacific Northwest

- 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/  
PPMDConnectPacificNorthwest/](http://www.facebook.com/groups/PPMDConnectPacificNorthwest/)
- Email: [chrisbart4@yahoo.com](mailto:chrisbart4@yahoo.com)

# Let's Get Together!

- Saturday, September 19<sup>th</sup>
- 7pm PST
- Zoom get together
- Link will be sent out after the meeting
- Join us and get to know some other Pacific Northwest families!

# Race to End Duchenne Virtual Series

- October 17th – November 1<sup>st</sup>
- 5K, 10K and 15K distances
- Download the RaceJoy app to track your route and hear messages of encouragement from our community throughout your race
- Registration opens September 16th at [www.RunSignUp.com](http://www.RunSignUp.com)
- Every participants receives a t-shirt and medal

