**A logo with blue text

Description automatically generated**

**Social Media**

**Tag us!**

* Twitter: @myastheniaorg
* Facebook: @MyastheniaGravisFoundation
* Instagram: @myastheniaorg
* LinkedIn: @Myasthenia Gravis Foundation of America, Inc.

**Hashtags**

* #myastheniagravis
* #MGStrong
* #MGWarrior
* #raredisease
* #MGWalk

**Sample Posts**

*Link to your walk page.*

* On [Date] I’m walking for a world without myasthenia gravis with the Myasthenia Gravis Foundation of America. I hope you will support my [or *my team’s*] walk! Make a gift through my donation page. Every gift to the MGFA gets us one step closer to a cure.
* On [Date] I’m participating in the MG Walk. My goal is to raise [$Goal Amount] for the Myasthenia Gravis Foundation of America. MGFA helps people with MG and their families and funds cutting-edge research on this neuromuscular disease. I would love your help!
* On [Date] I’m participating in the MG Walk. My goal is to raise [$Goal Amount] for the Myasthenia Gravis Foundation of America. I’m looking for friends to join my walk team! Registration is only $25 for adults (free for kids), and all proceeds support the Myasthenia Gravis Foundation of America.

**Email Communications**

Hi Friends,

On [Date] I’m walking for a world without myasthenia gravis with the Myasthenia Gravis Foundation of America. I hope you will support my [or *my team’s*] walk!

As you may know, [Your MG story, connection to the disease, and why this walk matters to you].

If you would like to walk with me, it would mean so much. Together we will raise awareness about MG and raise funds to support the MGFA’s mission. The MGFA funds cutting-edge research and provides education and support for people living with MG and their families.

You can join my walk team or make a gift through my donation page [Link to your page]. Every step gets us one step closer to a cure.

The walk takes place in [Park Location, City]. Registration is $25 (free for kids) and includes a t-shirt. Please let me know if you sign up to join my team!

Thank you for your support.