

## Who is MSU?

We are an all-volunteer virtual organization made up of myositis patients, care partners, and supporters. We are passionate about helping others and provide "From the Heart" support on various platforms, the "Simply Put" educational series, and our signature program, the Myositis Patient Financial Assistance Program. We are also increasing outreach and community building, patient-centered research initiatives, and partnerships with other organizations, industry, and academia.

***You are not alone in your myositis journey.***



Are you living with myositis?

You are  
*not*  
alone.

We are here for YOU.



+888-MYO-RARE (696-7273)

info@understandingmyositis.org

Register for your FREE MSU Membership to get a full list of current events, updates, support reminders, and ways to get involved!



Visit [www.understandingmyositis.org](http://www.understandingmyositis.org) or use this QR code to learn more!



SUPPORT  
from the  
HEART

Supporting each other through  
our experiences



## Clubhouse & Zoom Support Groups

Clubhouse is a free audio-only social media app. Zoom is a video-enabled social media app. Join us on Clubhouse and Zoom for weekly and monthly support sessions and for pop-up discussions.

Myositis Support groups are members-only for myositis patients and care partners, providing the safest space for you to share and connect. Join MSU today for your free membership and join your family.

## Inspire Myositis Community

Inspire was created with the belief that patients, caregivers, and others just interested in their health, need a safe and secure place to connect, exchange ideas, and support one another. Join us in the Myositis Support Community on Inspire for 24/7 anonymous support.

[www.inspire.com/groups/myositis/](http://www.inspire.com/groups/myositis/)



## Weekly Support Groups

- Sunday Weekly Support
- Myositis Support Gets Moving
- Mindfulness Tuesdays

## Monthly Support Groups

- Women with Myositis Support
- Men with Myositis Support
- 1st Wednesday Myositis Support
- Young Adults Support
- LGBTQIA+ Myositis Support
- DM, PM, & ASyS Support
- 3rd Saturday Myositis Support
- Inclusion Body Myositis Support
- Immune-Mediated Necrotizing Myopathy Support

**Quarterly** - Parenting with Myositis

For times and virtual locations visit [understandingmyositis.org/events/](http://understandingmyositis.org/events/)

## Social Media Platforms

