

Myositis Awareness Month

COMMUNITY OUTREACH GUIDE



Myositis Awareness Month is May 1-31, when we amplify TMA's ongoing efforts to inform the public about forms of myositis. **You** – the individuals and families living with myositis – are the most powerful voice in raising awareness about these rare diseases.

This guide will help you join TMA in elevating myositis awareness in your community.

Don't miss our guides to Proclamations, Media Pitches, and Social Media to share even more broadly!

Organize a Community Event

Pitch in for Myositis Awareness! Athlete and TMA volunteer Vance Robinson started VRob's "First Pitch" for Myositis Awareness campaign in 2016 to bring attention to the rare and debilitating forms of myositis. The 2026 baseball season is the 10th year of his campaign. A First Pitch can be delivered at any baseball game in your neighborhood or city, from Little League to college softball to the minor leagues.

TMA and our network of Support and Affinity Groups organize many special events during May. Check for a closeby [event on TMA's calendar](#) – and register to attend our virtual activities, which are accessible no matter where you live.

Look for special venues to share your story within your community! Does your local Rotary Club, Kiwanis Club, Chamber of Commerce, or church host guest speakers? Does your town host a health fair where you could represent families affected by myositis? Is there a local landmark that considers illumination requests?



Engage Your Elected Officials

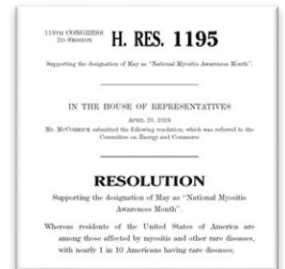
Proclamations, or official designations of Myositis Awareness Month, can be received during **special meetings of your city council** or any local assembly of elected officials. Proclamations are a great way to educate the public where you live about myositis and bring attention to our cause. [Check out TMA's Proclamation 50 initiative](#), and reach out to your county executive, commissioner, mayor, or other town office.

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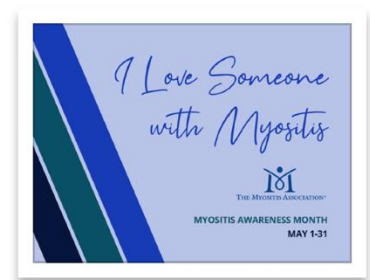


You can also help your Representative in Congress learn about myositis! **House Resolution (H.Res.) 1195** was formally introduced in the U.S. House of Representatives by Rep. Rich McCormick (Georgia). This ceremonial, nonpartisan resolution about Myositis Awareness Month significantly increases the visibility of myositis diseases within the highest levels of American government. Asking your Congressperson to get involved is simple: [Use TMA templates to email and phone your legislator.](#)



Display a Sign

TMA has [downloadable "Ask Me about Myositis" signs in two sizes.](#) One size can be taken to your local print shop and made into an 18x24in lawn sign. The smaller size is 8.5x11in so it can be printed at home or work, and taped in your window. So easy! Can you pin up a copy at your neighborhood coffee shop?



TMA also offers an **"I Love Someone with Myositis" sign** for your care partner, friends, family, or neighbors to display.

Share Your Insights & Your Story

TMA recognizes the impact that a myositis diagnosis has on the emotional wellbeing of patients, families, and care partners. **Help those newly diagnosed with myositis** navigate these challenges by [completing our survey, and submitting your insights](#) from navigating your own myositis journey. A collection of peer-to-peer advice will be published in an e-book after Myositis Awareness Month.

We are always looking for powerful stories to share on the TMA blog and in the pages of *Outlook* magazine! [Share your myositis journey with TMA.](#)

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Raise awareness of myositis and autoimmune diseases by [sharing your autoimmune disease story](#) with the Autoimmune Association.

Join the dazzle of myositis zebras by [sharing your rare disease story](#) with the National Organization for Rare Diseases.

Accelerate Our Impact



Create a [personal fundraising campaign to benefit TMA's mission](#) on our website. We'll equip you with a personalized web page and a kickoff message that you can share with your network. It's easy and fun!

Some advocates organize events like community walks or happy hours during May to promote their TMA fundraisers, like [Jumpin' Joe's Myositis Marathon disc golf tournament](#). We'll mail you a package of myositis materials and TMA swag to display at your fundraising event.

Let us know how you're marking Myositis Awareness Month! Tag us on social media or email tma@myositis.org to share your **"Wear Blue"** pictures with friends, colleagues, and neighbors.

And don't forget, myositis awareness is a year-round priority! TMA proudly partners with global patient advocacy organizations to drive myositis awareness on World Myositis Day. The next **World Myositis Day is September 21, 2026**.

Myositis Awareness Assets from TMA

The official [TMA Myositis Awareness Month web page](#) features shareable images, tools and tips, events, and a hi-resolution copy of the [TMA logo](#).

The official TMA social media accounts are linked below. Please tag us if your community commemorates Myositis Awareness Month!

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THE MYOSITIS ASSOCIATION®

- www.facebook.com/Myositis/
- www.instagram.com/themyositisassociation/
- www.linkedin.com/company/the-myositis-association/
- x.com/themyositisassc

*Thank you for helping TMA foster a deeper understanding of the impact of myositis on patients' lives!
Your awareness efforts help others understand how best to support individuals and families living with myositis.*

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MYOSITIS AWARENESS MONTH

MAY 1-31, 2026



THE MYOSITIS ASSOCIATION®

Toolkit