

FOR IMMEDIATE RELEASE

Join the Dystonia Community to do Your Race – Your Way Freedom to Move: Run, Walk and Wheel for Dystonia Taking Place Across Canada June 1 – 30, 2022

TORONTO, (April 1, 2022) The 2022 Freedom to Move: Run, Walk and Wheel for Dystonia, which historically has taken place in High Park, Toronto, will once again be held virtually with all proceeds benefitting the Dystonia Medical Research Foundation (DMRF) Canada. Once again participants across Canada can run, walk, or wheel at their own pace, at their own determined length, and on their own schedule from June 1–30, 2022.

Due to the dedicated support of the dystonia community, last year's event raised close to \$70,000 for dystonia research and support programs. This year's event will mark the third time the event will take place virtually across Canada and organizers are confident that participants will continue the momentum and tremendous success from last year's event into 2022.

This year's ambassador is long-time dystonia advocate and DMRF Canada volunteer, Ellis Siliker. Ellis has lived most of his life with dystonia having first developed symptoms as a child. For him, this event represents more than an opportunity to complete a race. It's a chance to fundraise for critical dystonia research while raising the public profile of dystonia. "I am honoured to be this year's Ambassador. Freedom to Move is a chance for the dystonia community to unite across Canada and amplify our voices for more research, more awareness, and more understanding and support. Every step, every share, every dollar makes a difference," shared Ellis.

"Even though we will be hosting *Freedom to Move* virtually again this year, it is inspiring to see this event unite the dystonia community across Canada for one common cause – a cure for dystonia. We hope that despite our physical separation, we can still come together as a community and raise critical support for those living with dystonia. Our staff is excited to 'Move' and fundraise with everyone again this year," shared Archana Castelino, National Director, DMRF Canada.

To date, the annual event has raised over one million dollars for DMRF Canada's research and support programs and is the organizations largest fundraiser.

Dystonia, the third most common movement disorder behind **Essential Tremor** and **Parkinson's Disease**, is a relatively unknown neurological disorder that causes uncontrolled muscle spasms, twisting and pain. Dystonia affects an estimated **50,000 people in Canada**.

DMRF Canada is the only organization dedicated to supporting the Dystonia community in Canada. With just two full time staff members, the organization is tremendously resourceful, working with dedicated volunteer board members, interns, volunteers, and impacted patients and families who are passionate about finding a cure.

To find out more about the Dystonia Medical Research Foundation Canada, and to register for Freedom to Move, visit: www.freedomtomove.org

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