

FOR IMMEDIATE RELEASE

Join Us for Freedom to Move: Run, Walk and Wheel to Raise Funds for Dystonia Taking Place Across Canada from June 1 to 30.

Toronto (June 1, 2022): Dystonia Medical Research Foundation (DMRF) Canada is pleased to announce that this year's **Freedom To Move: Run, Walk and Wheel for Dystonia** has officially launched. The virtual event will run from June 1-30 with all proceeds benefitting dystonia research and support programs. Participants across Canada can run, walk, or wheel at their own pace, for any distance, and on their own schedule.

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**.

To date, DMRF Canada's Freedom to Move events have raised over \$1 Million for DMRF Canada's research and support programs and is the organization's largest fundraiser. Organizers are confident that this year's event will continue the momentum generated from years prior and aims to raise \$75,000 to benefit the lives of thousands of Canadians suffering from dystonia.

The 2022 event marks the third time DMRF Canada has hosted the event virtually. National Director, Archana Castelino shares it has only strengthened the dystonia community's bond across Canada: "The support we've received so far has been encouraging. It's inspiring to see how the community connects and relates to each other despite physical distances. The virtual aspect has created freedom and opportunity where not previously possible; it unites participants across Canada for one common purpose: a future without dystonia."

Freedom To Move 2022 Ambassador and dystonia Thriver, Ellis Silliker, understands the importance of community especially for those with dystonia. "As dystonia is a relatively rare disorder and not commonly known, it can sometimes feel like you are fighting it uphill and alone." Silliker shares. To help raise funds and increase awareness of dystonia, Silliker has been engaging his fellow employees at Proctor & Gamble to join the event. "There's strength in numbers. For me, it is important to engage with my network and get them involved as it not only helps raise funds for more research and support programs, but it helps foster better understanding of dystonia," says Silliker.

Castelino is appealing to all Canadians to help raise the much-needed funds, "although we are making incredible strides, there is still so much unknown about dystonia. Funds raised through Freedom to Move will help fund research to better understand the disorder, to fight for better treatment options, and to ultimately find a cure."

Registration for Freedom to Move: Run, Walk and Wheel for Dystonia remains open until the event end of June 30th, and supporters can continue to fundraise until July 15, 2022. To find out more about the DMRF Canada, and to register for Freedom to Move, please visit:

www.freedomtomove.org

Contact:

Archana Castelino
National Director, DMRF Canada
archanacastelino@dystoniacanada.org