



Wbe did it!!! On Sept. 10th at Town Square Park in Federal Way, a powerful group of FSHers and their family and friends came together to celebrate our organization and all that is happening to bring our community closer to a cure. Special guests included Dr. Wang from University of Washington and his brand new baby girl and the therapy dogs of Nancy Payton & friends. Thank you to Outdoors for All for the collaboration on bringing a GRIT Wheelchair for all of us to try out. Our top fundraiser at the time of the event was Sarah Wong of Vancouver, Canada. Other folks who made efforts include Ranae Beeker and her Women on Wellness Warriors, Nancy Payton, and Matt McCoy, recently moved here from Utah. We have raised over \$20,000 for the FSHD Society and I thank you for your time and energy to surpass our \$15,000 goal!

To view more photos from our Walk and Roll event [CLICK HERE](#).



Stuff you should know about...

- **True Cost of FSHD survey.** HAVE YOU DONE THE SURVEY YET??? It was emailed to FSHD members on OCT 3rd. Please participate in this important research survey. Use the link above to take the survey if you can't find it in your email 😊
- Our own Ranae Beeker, RN, is being interviewed for the FSHD Radio Hour on Oct. 11, 6pm PT! Yah!
- There is a new "Feeling Fit with FSHD" focus group. The next ZOOM meeting is on Oct. 13, 9am Pacific time.
- I am looking for help in organizing a "Cocktails and Clinical Trials" event in Nov or Dec. Please contact me if you can help.



FSHD Society Calendar

- Oct. 10 - [Wellness Hour – Coping Strategies.](#)
- Oct. 11 - [FSHD RADIO HOUR, Ranae Beeker. 6pm PT](#)
- Oct. 13 - [Feeling Fit with FSHD. 9am PT](#)
- Oct. 18 - [Early Onset FSHD Parent Roundtable, 5pm PT.](#)
- Oct. 20 - [FSHD University, 10am PT](#)
- Oct. 25 - [CarePartner Hour, 5pm PT](#)
- Nov. 2 - [Women on Wellness, 2pm PT](#)

[LINK to NOV CALENDAR](#)