



### Stuff you should know about...

- JOIN US as we celebrate the PNW Walk and Roll fundraising campaign on **Sept. 10** at Cockrell Cider. "Sips, S'mores, Songs and Smiles" is a family event for all our community members and supporters. [CLICK HERE](#) for the flier.
- OUR NEXT big event is on **October 14, 2023**. The PNW FSHD 360 Conference will be held at the Boeing Museum of Flight. [CLICK HERE](#) for more information. This event is not to be missed!



### FSHD Society

- Sept 5 – [British Columbia Walk and Roll Event!](#)
  - Sept 10 – [PNW Walk and Roll Celebration Event!](#)
  - Sept 11 – [Wellness Hour, 2pm PT](#)
  - Sept 12 – [Young Professionals, 5pmPT](#)
  - Sept 14 - [Feeling Fit with FSHD, 9am PT](#)
  - Sept 19 – [Early Onset Roundtable, 4pm PT](#)
  - Sept 21 - [FSHD University – PT for Shoulder Issues in Kids](#)
  - Sept 23 – [International Walk and Roll Celebration, 6amPT](#)
  - Sept 26 – [Care Partner Hour, 5pm PT](#)
  - Sept. 28 – [Hot Off the Press](#) and [Feeling Fit with FSHD](#)
- [FSHD October Calendar LINK](#)

## What a summer it has been! We had a

fabulous event at Cheney Stadium in Tacoma bringing our community together to celebrate World FSHD Day. Our group had front row seats along the first base line with room for friends and family. Our booth before the game introduced many people to FSHD and was the first community education project we've done in Tacoma. Thank you to those new folks that joined us. It was wonderful meeting all the FSHD family members!



The PNW Walk & Roll Fundraising Campaign is off and running. We are just 2 weeks away from our fundraising celebration – "Sips, S'mores, Songs for Smiles" at Cockrell Cidery on Sunday, September 10<sup>th</sup> from noon to 3pm. I am so grateful to our fundraising teams. You are spreading the word about FSHD and helping us reach our fundraising goal of \$35,000. Did you know that the first \$10,000 we raised was matched by a generous donor? Please invite all your family and friends to our fundraising celebration. Everyone is welcome! [CLICK HERE](#) for the event flier.

*Selina Lai, PNW Chapter Leader*

*Nancy Payton, Walk n Roll Coordinator*

Chapter Contact—Selina Lai, Chapter Leader

[PNWChapter@FSHDSociety.org](mailto:PNWChapter@FSHDSociety.org), 310-621-0564