



HOP for Muscular Dystrophy

Muscular Dystrophy Canada's *HOP for Muscular Dystrophy* is a national educational fundraising initiative that promotes compassion, caring and acceptance of differing abilities. The program provides an early introduction to inclusiveness and understanding of physical differences and these differences do not change people on the inside. Funds raised through *HOP for Muscular Dystrophy* support the tens of thousands of Canadians affected by a neuromuscular disorder through research, education and services.

How does HOP work?

At the *HOP for Muscular Dystrophy* event, children can hop, dance or move to music according to their own ability. All materials-bunny ears, coloring sheet (preschool) or activity book (elementary school), lesson plan, thank you certificates, posters, DVD and storybooks are provided to you at no cost to support the program. The children collect pledges from family and friends to make a difference in the lives of families affected by a neuromuscular disorder.

1. How you can HOP:

Select a date, time and place for your HOP. Complete the attached registration form, fax or mail it back or simply give us a call/send us an email.

You can also register online at:

www.muscle.ca/registerthop

2. Let everyone know that you are HOPPING for Muscular Dystrophy!

- Send the provided pledge sheets and information home with each child
- Note the HOP date and time in newsletters, community newspapers and memos to parents
- Display your HOP posters in highly visible areas
- Contact your local media and encourage them to profile your school/centre during your HOP.
- Firefighters have been MDC heroes since 1954; contact your local fire department with an invitation to attend your HOP.

3. Make your HOP special

- Serve bunny snacks of carrots and celery
- Use great Hopping music
- Older children enjoy a modern day "sock hop"
- Face painting, bunny ear decorating as a pre- HOP activity
- Incorporate the lesson plan into the days leading up to the HOP
- Don't forget to capture the memories with some great photos!

4. Have fun and get HOPPING!

Thank you for supporting Muscular Dystrophy Canada. In recognition of your generous support, prizes will be awarded for the top schools, daycares and community groups.

HOP Registration Form

School/Centre/Organization Name: _____

Mailing address: _____ City: _____

Province: _____ Postal Code: _____ Phone: () _____

Name of HOP Coordinator(s): _____

HOP Coordinator(s) e-mail: _____

Age group: Daycare/Preschool _____ Elementary School _____ Community Group _____

Language preference: English French

Number of HOP participants: _____ (Muscular Dystrophy Canada will mail you the corresponding number of supplies)

HOP Event date: _____

Please send the completed registration form to:

Kevin Harrison, National & Ontario Director of Individual & Corporate Giving

Muscular Dystrophy Canada
2345 Yonge Street, Suite 901
Toronto, Ontario M4P 2E5

For more information, call 1-866-999-8909
Fax 416-488-7523 or
E-mail: kevin.harrison@muscle.ca

You can also register on-line at:

www.muscle.ca/registerthop

What is muscular dystrophy?

Muscular dystrophy is an umbrella term used to describe a group of more than 100 neuromuscular disorders which are characterized by a wasting and progressive weakening of muscles. These disorders do not discriminate. They can affect everyone - from infants to children to adults. The effect and progression of neuromuscular disorders can vary from few visible signs to extreme disability. There is presently no cure.

When you HOP for Muscular Dystrophy you are helping to raise much-needed funds that will go to support vital education programs and other essential services such as peer networking, support groups, educational newsletters, community educational forums and the Equipment Program.

Muscular Dystrophy Canada

Since 1954, Muscular Dystrophy Canada has been committed to improving the quality of life for the tens of thousands of Canadians with neuromuscular disorders.

Vision

To find a cure for neuromuscular disorders in our lifetime.

Mission

Muscular Dystrophy Canada's mission is to enhance the lives of those affected with neuromuscular disorders by continually working to provide ongoing support and resources while relentlessly searching for a cure through well funded research.