



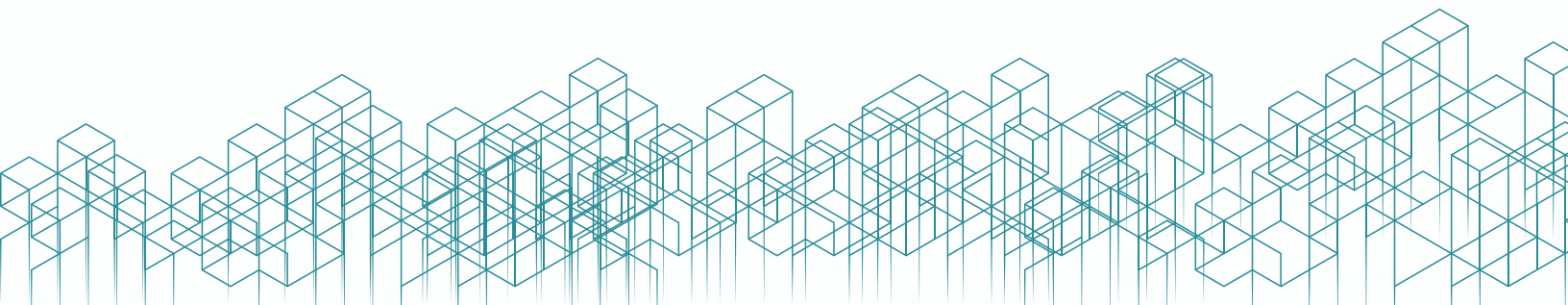
Impact Statement



2024 Impact Statement

Transforming Lives, Empowering Communities

The Myasthenia Gravis Holistic Society, Inc. is proud to reflect on a year of significant growth and impactful programs. Driven by our mission to raise awareness of Myasthenia Gravis (MG) and empower individuals through holistic approaches, we have expanded our reach, enhanced support services, and inspired action across diverse communities.



Awareness and Advocacy



- **3** MG Awareness Day Events held in Georgia, Michigan, and Wisconsin, with **410** attendees fostering education and community support.
- **1** Capitol Hill Advocacy engagement with 4 state legislators, amplifying the voices of those living with MG.



- Launched AppointmentAdvocate.com, providing individuals with additional tools to navigate their health journeys.



Community Building



We added **3** new support groups:
Black with MG, Autoimmune
Pride, and MG New York.

Conducted **26** support group
meetings with **962** attendees
from **16** states and 5 countries.




Hosted **1** MG Support Leader
Summit with participants from **7**
states.





Direct Assistance



- Hope's Pantry distributed over **903** essential items for daily living as of December 31, 2024.
 - Provided **11** health coaching scholarships, **7** personal training scholarships, **47** bio energetic scan scholarships, and facilitated **5** group fitness classes.
 - Distributed **1097** Non GMO seed packets, **78** vision board kits, **622** File of Life emergency cards. Provided **139** breast/ testicular self check placards, **12** allergy and sensitivity kits, and **89** appointment management kits to support holistic well-being.
 - Delivered **72** eye patches through our Eye Patch Program, meeting critical needs for those with MG-related ocular issues.
 - Granted **\$4,397** in education assistance and **\$1,200** in emergency assistance to individuals in
- 



Empowerment and Education

Hosted **3** Women's Empowerment Retreats in Georgia, Wisconsin, and Arizona, providing transformative experiences for participants.



Launched an Educational Explainer Video Series in English and Spanish. Launched a yoga series curated for the MG community.

Conducted **2** holistic educational Saturday summits in Georgia and Wisconsin



Health Equity and Outreach



- Participated in **17** community health fairs featuring the MyMGLife™ Challenge, engaging attendees in wellness activities of daily living with Myasthenia Gravis. Featured our MyMGLife™ Challenge at the American Academy of Neurology summer conference.



- Participated in **3** BIPOC events. Two with Black Health Matters (Washington, DC and Charlotte, NC) and one with AIP BIPOC Network advancing health equity and Myasthenia Gravis awareness in the BIPOC community.



Resources and Inspiration



- Provided **31** resource books and **41** inspirational books to individuals and families navigating MG and other autoimmune disorders.

By the Numbers

In 2024, our initiatives impacted lives across communities, creating opportunities for healing, advocacy, and connection.

We thank our team, donors, volunteers, and partners for making this possible. Together, we continue to advance our mission of holistic empowerment for those living with Myasthenia Gravis and autoimmune conditions.

Visit us at MGHolisticSociety.org to learn more and join us in making a difference.

Contact us at info@MGHolisticSociety.org



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