myasthenia gravis association MGA of the heartland

STRENGTH AND CONNECTIONS HOPE THROUGH

VOL. 65 ISSUE 2

MYASTHENIA GRAVIS ASSOCIATION NEWSLETTER

INSIDE THIS ISSUE

Myasthenia Gravis Association Annual Meeting 2025

Save the Date! Our annual meeting will be held on November 8th, 2025 at the St. Joseph Medical Center Kansas City, MO and, as in previous years, will be a hybrid event with the option to attend via Zoom.

The MGA Annual Meeting provides an opportunity for members and friends to gather and review the work of the association from the previous year and to welcome new Officers to the Board of Directors. With guest speakers presenting topics of interest to MGA members, their family, and friends, it also provides an educational experience that is unique to our area. The Annual Meeting also provides an opportunity to thank special people for their volunteer efforts to enhance the quality of life of those living with myasthenia gravis and for their support of our association. At this year's annual meeting, we have two keynote speakers ready to share their expertise and stories. You can learn more about our speakers, Dr. Al Freeman and Dr. Liz Plowman, on page 2.

New In-Person Clinic Partnership at University of Missouri

On August 21st, the Myasthenia Gravis Association will begin our 5th clinic partnership with Dr. Vernita Hairston and Dr. Richard Barohn in Columbia, MO. We are excited to be working with Dr. Hairston and Dr. Barohn was an integral part of our very first clinic at the University of Kansas in KC and we are thrilled to be working with him again. Clinic will be held on the 3rd Thursday morning of each month. We are looking forward to the opportunity to support the MG community.

SUBMISSIONS

Want to share your MG story or have a topic you would like to see covered? We have multiple ways for you to connect with the MG community! Email Kathryn at kathrynclemens@mgakc.org

FOLLOW US

@mga_heartland

https://www.facebook.com/mgakc

https://www.youtube.com/user/mgakc

A MESSAGE FROM ALLISON

There is Room for All,
A Place for Everyone

I shared a similar rendition of this recently at our 8th Annual Crown Town Trivia Night and thought it was a good message to share as our summer newsletter hits the press.

Apparently, August 1st is girlfriends' day and national friendship day is August 3rd. You know those silly little holidays made up probably to increase social media content. Our trivia night fell on August 1st and it had me reflecting on friendships and the tribes we build as we made preparations and table assignments.

In part, I think that is what we are working to create at the Myasthenia Gravis Association. We are working to create a tribe where each person feels seen, feels heard and has the encouragement to keep fighting the fight. Having a rare disease can be so isolating and leave you feeling so alone. Especially one with no cure.

Our support groups, our clinic partnerships and our education and awareness events are an integral part of tribe building. Our programming emails, newsletters, website and social media showcase all of the groups and opportunities we have going at any given time. We hope you'll check them out and see what interests you the most.

Girlfriends' day or friendship day or not, we hope you know you are welcome to be a part of our tribe at any time. There's room for all and a place for everybody, so we invite you to join one of our groups and find your place.

Looking forward to seeing you soon!

Allison K. Foss

Allison K. Foss | Executive Director | allisonfoss@mgakc.org

myasthenia gravis association
MGA
of the heartland

CONTACT
816-256-4100
info@mgakc.org

MGA ANNUAL MEETING Keynote Speakers 2025

We are honored to welcome Dr. Al Freedman and Dr. Liz Plowman as our keynote speakers at this year's Annual Meeting.

Dr. Al Freedman - https://www.rarecounseling.com/
Psychologist, Consultant, Rare Disease Advocate, and Rare Dad

Al Freedman, PhD, is a psychologist, educator, and rare disease advocate with more than two decades of experience working with individuals and families affected by rare diseases and disabilities.

Dr. Al is inspired by his personal journey as the father of Jack, who lived with spinal muscular atrophy (SMA) for 26 years as well as his professional training and experience as an educator to provide counseling and consultation. He works with families, advocacy organizations, pharmaceutical companies, healthcare organizations, and schools to create meaningful support systems and impactful change within the rare disease and disability communities.

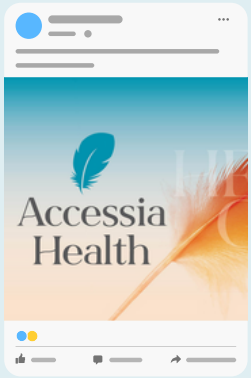
Dr. Liz Plowman - https://lizplowman.com/
Physical Therapist, Author, MG Advocate, and Rare Disease Researcher

Elizabeth "Liz" Plowman, PT, DPT, M.Ed, LCDR, MSC, USN (Retired), is a licensed physical therapist and a retired U.S. Navy officer with over 15 years of clinical experience. After receiving her Doctor of Physical Therapy (DPT) degree from Texas Woman's University, she served in diverse settings including outpatient orthopedics, chronic pain, and telehealth—long before it became the norm. Diagnosed with Myasthenia Gravis (MG) herself in 2017, Liz brings a unique dual perspective as both clinician and patient.

She is the author of Some Spoons Are Worth Spending: Practical Energy Conservation Strategies to Live Your Best Life With Myasthenia Gravis, and a frequent speaker and educator on the intersection of MG and movement. Her work focuses on making life more livable for those with chronic fatigue and neuromuscular conditions through exercise, energy conservation, and patient empowerment.

A lifelong learner and advocate, Liz is passionate about improving the quality of life for people with MG through education, empathy, and practical strategies.

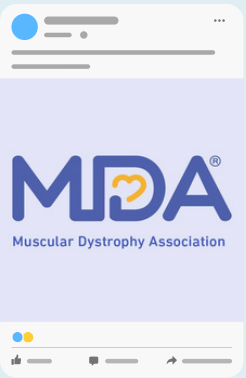
BRIDGING THE GAP:
EXPANDING ACCESS TO THE CARE YOU NEED



Accessia Health: Patient Assistance Program

Accessia Health offers financial assistance programs designed to help patients manage the costs of chronic medical conditions, including rare diseases like myasthenia gravis. Their support includes help with insurance premiums, medication copays, travel expenses, and other essential health-related costs. The organization aims to reduce financial barriers and improve access to care by providing timely, compassionate support to qualified individuals.

Learn more or apply at accessiahealth.org.



Muscular Dystrophy Association (MDA): Equipment Assistance Program

The Muscular Dystrophy Association (MDA) offers an Equipment Assistance Program to help individuals with neuromuscular diseases access medical equipment. This includes items like wheelchairs, hospital beds, and communication devices that may not be fully covered by insurance. MDA partners with supporters and manufacturers to provide gently used or donated equipment, helping ease financial burdens for families in need.

Learn more or apply at mda.org.

Patient Advocate Foundation (PAF)

The Patient Advocate Foundation (PAF) provides free, professional case management services to help individuals facing chronic, life-threatening, or debilitating illnesses. Their team assists with navigating insurance denials, securing financial support for co-pays and out-of-pocket costs, and accessing necessary care and treatment. PAF also offers disease-specific support programs and educational resources to empower patients and their families.

Learn more at patientadvocate.org.

CELEBRATING A MONTH OF IMPACT:
MG AWARENESS MONTH JUNE 2025

This June, the MGA proudly marked Myasthenia Gravis Awareness Month with a blend of in-person events and online campaigns—uniting patients, caregivers, and supporters in our shared mission of education, awareness, and connection.

SNOWFLAKE SATURDAY

On Saturday, June 7th, we hosted three regional Snowflake Saturday Awareness Events in Des Moines, Iowa, Wichita, Kansas and Little Rock, Arkansas with more than 80 people in attendance.

These events brought our community together for educational presentations, support, and celebration and laid the foundation for future gatherings in each region.

Our digital outreach also soared to new heights. Through our "30 Days of MG," "Light the Globe for MG," and our awareness frame social media campaigns, we saw a 300% increase in views and engagement from May to June! This exceptional growth helps us reach more individuals affected by MG and raises crucial awareness about this rare disease.

Thank you to everyone who attended, shared, posted, and supported MG Awareness Month. Together, we're amplifying voices, spreading knowledge, and building a stronger MG community—one snowflake at a time.

YOUR VOICE, YOUR POWER

VALUE IN POLICY

Rare Disease Policy Watch: What's on the Horizon

As we enter the second half of 2025, rare disease patients and advocates are watching closely as key policy decisions take shape, decisions that will affect access to care, affordability of treatment, and the overall landscape for those living with conditions like myasthenia gravis (MG). That's why it's more important than ever to engage in advocacy, stay informed, and connect with lawmakers.

Medicare drug price negotiations

Among the most anticipated changes are continued Medicare drug price negotiations, made possible by the Inflation Reduction Act. While these reforms aim to reduce out-of-pocket costs, they could unintentionally dampen innovation for rare disease treatments by reducing incentives for orphan drug development. The National Organization for Rare Disorders (NORD), along with over 100 rare disease groups, is advocating for clear protections to ensure these policies benefits rare disease individuals.

Reauthorization of the Rare Pediatric Disease Priority Review Voucher (PRV) Program

The reauthorization of the Rare Pediatric Disease Priority Review Voucher (PRV) Program remains vital. This program helps encourage development of treatments for the nearly 50% of rare disease patients who are children. NORD and its partners are urging Congress to continue this program in its current form to support vulnerable pediatric populations, including Pedeatric Myasthenia Gravis.

Other top policy priorities for 2025 include:

- **Protecting the Orphan Drug Act and Supporting the Clinical Trials Modernization Act** ensuring robust funding for NIH and FDA rare disease programs and making rare disease research more inclusive and effective
- **Advancing newborn screening** while addressing concerns about the use and privacy of dried blood spot samples
- **Improving access to diagnostics** and telehealth, including genetic testing and out-of-state specialty care
- **Opposing the Promising Pathway Act**, which could fast-track unsafe treatments without sufficient clinical trials
- **Expanding Rare Disease Advisory Councils (RDACs)** at the state level to give rare patients a greater voice in local government decisions

These evolving conversations around policy are more than just headlines, they are opportunities to influence real change. Whether it's sharing your MG story with your representative or supporting campaigns led by advocacy organizations like EveryLife Foundation and NORD, your voice matters. Let's keep pushing for equitable, safe, and affordable access for every rare disease patient.

To learn more or take action, visit:

EveryLife Foundation for Rare Diseases | A 501(c)(3) nonprofit, nonpartisan organization dedicated to empowering the rare disease patient community to advocate for impactful, science-driven legislation and policy that advances the equitable development of and access to lifesaving diagnoses, treatments and cures. everylifefoundation.org

NORD | A 501(c)(3) nonprofit dedicated to Improving the health and well-being of people with rare diseases by driving advances in care, research, and policy. rarediseases.org

congress.gov

Two targeted treatments for adults with **generalized myasthenia gravis (gMG)**

UCB is committed to making a difference for people living with gMG by providing two treatment options

Is it time to rethink your current gMG therapy?

For people with gMG, symptoms present themselves differently in each diagnosed individual. While most people have fluctuating muscle weakness and fatigue, these symptoms vary from person to person and can range from mild to severe.

UCB offers two treatments that target different aspects of immune function related to gMG and have different methods of administration.

Scan to explore two distinct treatments that allow you and your doctor to choose the gMG treatment that fits your needs.

UCB OFFERS TWO TREATMENTS THAT TARGET gMG DIFFERENTLY:

An FcRn blocker

Harmful antibodies that cause gMG may stay in your body longer because of FcRn (neonatal Fc receptor).

A C5 inhibitor

Harmful anti-AChR antibodies activate part of your immune system called "complement," which works to attack your muscle cells.

Targeted treatments. More options.

Ask your doctor how a targeted therapy may help you meet your gMG treatment goals.

Learn more at **UCBforGMG.com**

Inspired by **patients.**
Driven by **science.**

One Year Later
CAR-T THERAPY
Robin's Next Chapter

From Relief to Reinforcement : A Follow-Up on MG Clinical Trial Participation

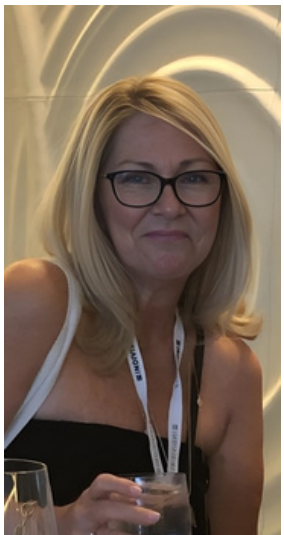
Last year, we introduced you to Robin, a member of the MGA community who courageously stepped into the unknown by enrolling in a CAR-T cell therapy clinical trial for myasthenia gravis (MG). At the time of our first article, Robin had completed her initial round of infusions and was beginning to experience a new level of freedom—free from biweekly IVIG treatments, on fewer medications, and seeing a dramatic drop in her MG-ADL score. While not without challenges, her experience was described as "life-changing," and she was filled with hope for the future. Now, a year later and following a second round of CAR-T therapy, Robin sat down with us again to reflect on her continued progress, the reinfusion process, and the life she's building post-trial.

Day-to-Day Life After Reinfusion

Robin's results after her second round of CAR-T therapy were even more impressive. Although she completed five infusions instead of the originally planned six, she reported a much faster and more noticeable improvement than the first round. By January—just a few months after her last treatment—Robin traveled to Mexico for an extended stay and was walking up to five miles a day, symptom-free. Her most recent MG-ADL score dropped from a 10 to just 1. While she still occasionally experiences mild fatigue and weakness in the heat, her daily functioning has vastly improved. "It took a few months to fully kick in," she shared, "but once it did, I felt like myself again."

Reinfusion Experience: Familiar, Yet Improved

Robin's second CAR-T experience came with a few hiccups—a missed dose and a longer-than-expected gap between infusions—but overall, the process was smoother than the first time. The apheresis was completed in-house at the hospital, and she was relieved not to need a port for this round. "I was determined not to have one, and so was the staff," she said with a smile. The side effects were consistent with her initial experience: mild flu-like symptoms that were manageable with rest and over-the-counter medication.



Continued Symptom Management

Now over a year post-reinfusion, Robin's MG-ADL score remains impressively low. Her reliance on medications like Mestinon and Imuran has significantly decreased. "If I miss a dose now, I don't really feel it," she shared. She and her neurologist are now discussing plans to further reduce her MG medications. Follow-up appointments were scheduled regularly throughout the year, and Robin appreciated the continuity of care.

Community & Support

Robin remains active in a Facebook group for trial participants and even connected with another member through a mutual friend. These ongoing relationships have provided her with encouragement, validation, and shared insight along the way.

One Year Later
CAR-T THERAPY
Robin's Next Chapter

From Relief to Reinforcement: A Follow-Up on MG Clinical Trial Participation (continued)

Reflection and Advice
When asked what she'd tell others considering participation in the trial, Robin didn't hesitate: "Do it. It's so worth it." She described her past experience managing MG as a rollercoaster, with the unpredictable rise and fall of symptoms being both frustrating and unmanageable. She said she would choose the side effects of CAR-T therapy every time in exchange for the outcome of experiencing little to no symptoms over an extended period. Her reinfusion not only extended the improvements she had already experienced but also renewed her sense of purpose and advocacy. "It gave me something viable to share," she said. "I tell others—don't give up hope."

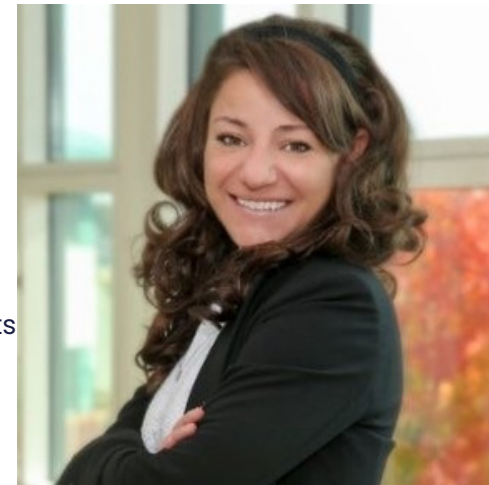
Looking Forward
With better symptom management, Robin has resumed traveling and is focused on "getting the house in order." In the past year, she visited New York City, Washington, D.C., Michigan, and spent two months in Mexico. "I used to be afraid to leave the country," she admitted. "Now I'm planning trips again." Robin's biggest hope? That this trial is just the beginning. "It has the potential to be curative," she said.

Conclusion
Robin's journey—from navigating the uncertainty of a clinical trial to experiencing lasting relief—illustrates the profound impact that innovation and perseverance can have in the lives of people with MG. Her story is a beacon for others considering the trial, showing that while the road may not be easy, it can lead to something truly transformative.

REGENERON
SCIENCE TO MEDICINE®

About Regeneron

Regeneron is a leading biotechnology company that invents, develops and commercializes life-transforming medicines for serious diseases. Founded and led by physician-scientists, our unique ability to repeatedly translate science into medicine has led to numerous approved treatments and product candidates in development, most of which were homegrown in our laboratories. Regeneron accelerates drug development using our proprietary technologies, such as VelociSuite®, which produces optimized fully human and bispecific antibodies. We are shaping the next frontier of medicine with data-powered insights from the Regeneron Genetics Center® and pioneering genetic medicine platforms, enabling us to identify innovative targets and complementary approaches to potentially treat or cure diseases. Learn more at www.Regeneron.com.



MG CLINICAL TRIAL UPDATES

University of Kansas Medical Center

Janssen PI: Dr. Farmakidis
ClinicalTrials.gov Identifier: NCT05265273
An Open-Label Uncontrolled Multicenter Study to Evaluate the Pharmacokinetics, Pharmacodynamics, Safety and Activity of Nipocalimab in Children aged 2 to Less than 18 Years with Generalized Myasthenia Gravis

For more information contact: Samantha Colgan, scolgan@kumc.edu

DAS-MG PI: Dr. Dimachkie ClinicalTrials.gov Identifier: NCT04226170
A Phase II, Study to Evaluate the Safety and Tolerability of Pyridostigmine When Given with Ondansetron to Subjects with anti-AchR positive Myasthenia Gravis

For more information contact: Nora Khalifa, nkhalifa@kumc.edu

RemeMG PI: Dr. Pasnoor ClinicalTrials.gov Identifier: NCT06456580
A Phase 3, Randomized, Double-Blind, Placebo-Controlled Study with an Open-label Extension Period to Evaluate the Efficacy and Safety of Telitacicept in Patients with Generalized Myasthenia Gravis

For more information: Courtney Richardson, c969r831@kumc.edu

KATALYST MG PI: Dr. Pasnoor ClinicalTrials.gov Identifier: NCT06064695
Effects of Whole-body Electrical Muscle Stimulation Exercise on Adults With Myasthenia Gravis

For more information for the KU trial location contact: Abby Davis, adavis54@kumc.edu

ARGX-113-2315 PI: Dr. Pasnoor ClinicalTrials.gov Identifier: NCT06298565
A non-interventional, post-authorisation safety study of patients treated with efgartigimod alfa

For more information contact: Lilli Saavedra, lsaavedra2@kumc.edu

Cabaletta Bio PI: Dr. Dimachkie ClinicalTrials.gov Identifier: NCT06359041
A Phase 1/2, Open-Label Study to Evaluate the Safety and Efficacy of Autologous CD19-specific Chimeric Antigen Receptor T Cells (CABA-201) in Participants with Generalized Myasthenia Gravis

For more information: Lillian Saavedra, lsaavedra2@kumc.edu

Cabaletta Bio PI: Dr. Dimachkie Clinicaltrials.gov identifier: NCT05451212
A Phase 1, Open-label, Safety and Dose-finding Study of Autologous Muscle-specific Tyrosine Kinase Chimeric Autoantibody Receptor T Cells (MuSK-CAART) in Subjects with Anti-MuSK-antibody-positive Myasthenia Gravis.

For more information contact: Andrew Heim, aheim2@kumc.edu

MG CLINICAL TRIAL UPDATES

University of Kansas Medical Center

COUR Pharma – MG PI: Dr. Dimachkie
ClinicalTrials.gov Identifier: NCT06106672
A Phase 1b/2a Double Blind, Randomized, Placebo Controlled Study to Evaluate the Safety, Tolerability, Pharmacodynamics, and Efficacy of CNP–106 in Subjects Ages 18–75 with Generalized Myasthenia Gravis
Experimental: ALXN1720

For more information contact: Abby Davis, adavis54@kumc.edu

University of Missouri

NMD Pharma PI: University of Missouri- Columbia ClinicalTrials.gov Identifier: NCT06414954
This Phase 2 proof-of-concept, dose range finding study aims to evaluate the safety and efficacy of 3 dose levels of NMD670 vs placebo in adult patients with MG with antibodies against AChR or MuSK, administered twice a day (BID) for 21 days.

For more information contact: Kristina Kelly, kristina.kelly@health.missouri.edu

COUR Pharma - MG PI: University of Missouri- Columbia ClinicalTrials.gov Identifier: NCT06106672
A Phase 1b/2a Double Blind, Randomized, Placebo Controlled Study to Evaluate the Safety, Tolerability, Pharmacodynamics, and Efficacy of CNP–106 in Subjects Ages 18–75 with Generalized Myasthenia Gravis
Experimental: ALXN1720

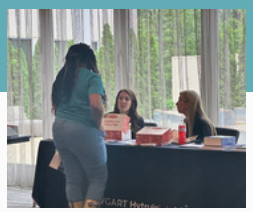
For more information contact: Kristina Kelly, kristina.kelly@health.missouri.edu

WHERE IN THE WORLD IS THE MGA?

Wichita Snowflake Saturday
In June, Mckenna and Halle worked together to make our Wichita snowflake shuffle a success! It was an amazing time at Chicken N Pickle, supporting our community and spreading awareness.

11th Congress of the European Academy of Neurology
Allison had the opportunity to go attend a conference in Helsinki, Finland put on by one of our industry partners, Alexion. It was an incredible opportunity to connect with patient organizations from across the globe as well as key leaders in the MG and rare disease community space.

Little Rock Snowflake Saturday
In June, Kathryn was in Little Rock, Arkansas, celebrating Myasthenia Gravis Awareness Month with the community. Although a storm almost rained us out, it was a great time to meet new individuals with MG in Arkansas.



Cartesian Therapeutics Awareness Month Event
In June, Allison was asked to speak to the team at Cartesian Therapeutics in Washington, DC, sharing her MG Journey. Cartesian, in celebration of Myasthnenia Gravis Awareness Month, they have multiple individuals with MG come and share their journey to learn how they can better support the MG community.

Iowa Snowflake Saturday
In June, Allison was in Iowa with our Iowa Support Group Leader, Katie, celebrating Myasthenia Gravis Awareness Month. Katie was able to share her MG Journey with the community.

EXPLORE THE POSSIBILITIES

Ask your doctor about VYVGART Hytrulo (efgartigamod alfa and hyaluronidase-qvfc) and VYVGART (efgartigamod alfa-fcab)

VYVGART® Hytrulo
(efgartigimod alfa and hyaluronidase-qvfc)
Subcutaneous Injection
180 mg/mL and 2000 U/mL vial

VYVGART®
(efgartigimod alfa-fcab)
Injection for Intravenous Use
400 mg/20 mL vial

Scan the QR code or visit VYVGART.com to learn more

Questions? Call 1-833-VYVGART (1-833-898-4278)

argenx

See You There

UPCOMING EVENTS

At the MGA

65TH ANNUAL MEETING & EDUCATIONAL SEMINAR

Date: Saturday November 8, 2025
Time: TBA
Locations: Hybrid | Zoom or St. Joseph Medical Center | 1000 Carondelet Dr, Kansas City, MO 64114

The MGA Annual Meeting provides an opportunity for members and friends to gather and review the work of the association from the previous year. With guest speakers presenting topics of interest to MGA members, their family, and friends, it also provides an educational experience that is unique to our area. Participants attending via Zoom will receive a meeting packet in the mail. We are also offering 2 nursing CEU's through Promptcare.

At this year's annual meeting, we have two keynote speakers ready to share their expertise and stories.

- Dr. Al Freeman | Psychologist, Consultant, Rare Disease Advocate, and Rare Dad
- Dr. Liz Plowman | Physical Therapist, Author, MG Advocate, and Rare Disease Researcher

In addition to our speakers.

- Vendor fair where you can stop and visit with representatives from out pharmaceutical partners.
- Meet members of the MGA | staff, board members, members of our medical advisory committee, caregivers, family members, and individuals with myasthenia gravis.
- Nursing CEU's through Promptcare
- MGA Merchandise will be available for purchase

Register Today!
https://lp.constantcontactpages.com/ev/reg/d22jcyg

SAVE THE DATE!

5K RUN/WALK & TOT TROT

Date: May 3, 2026
Time: TBA
Location: Town Center Plaza, Leawood, KS

Planning is already underway for our 15th Annual MGA Triple Crown Showdown at Town Center Plaza in Leawood, KS on Sunday May 3, 2026 and hope you'll join us! Select to participate in the 5K, Mile Mosey, Tot Trot or Stuck in Your Stall (Virtual). All funds raised through the MGA Triple Crown Showdown benefit services for the Myasthenia Gravis Association.

More details coming soon via email or stay up to date by following the runs Facebook and Instagram pages!

- Website: www.mga5k.com
- Facebook: @mga5k
- Instagram: @mga5k

Membership Donations

Dr. Nancy Roberge
Stephanie Hubers
Graham Naasz, DDS
Sara Bass
Janice and Steve Katz
Raymond and Angela Hankins
Dorothy Steurer
Keith Asaeli
Erwin Clark
April Zobel
Shannon Harris, MD
Rusty Rabbit Foundation
Donnie Davis
Mike Nervig
Ron and Shirley Fearon
Camille Weiller
Robert and Sue Fitzthum
Stephen Gwiasda

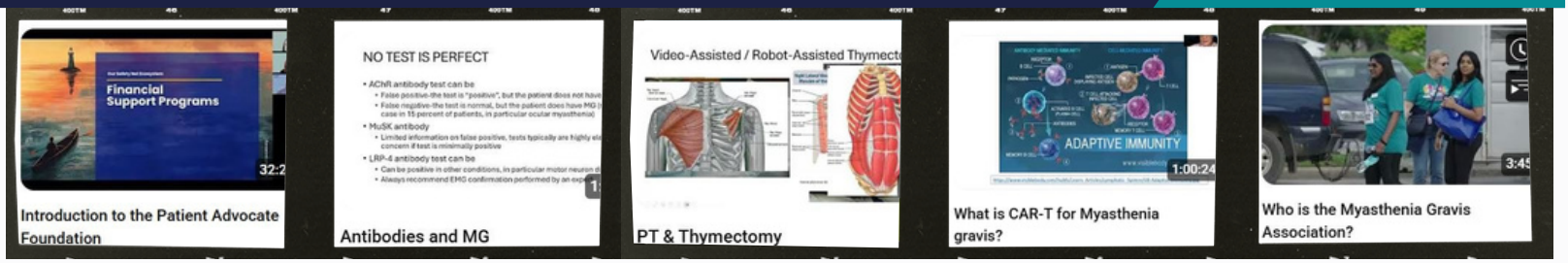
In Memory of Larry Paxson

Dana Paxson

Did you know we have a YouTube Channel?

Have you visited MGA's YouTube channel lately?
It's packed with educational webinars, personal stories from the MG community, and updates on treatment options and advocacy efforts. Whether you're newly diagnosed or a long-time advocate, our video library is a great way to stay informed and connected. Don't forget to subscribe and share with others who may benefit!

SUBSCRIBE https://www.youtube.com/@mgakc



SUPPORT FOR MYASTHENIA GRAVIS (MG)

Find what makes you More Than MG

Join the community of patients, caregivers, and other advocates

Whether you're looking to hear more about MG, find a friend with the same diagnosis, or receive some motivation, there's a place for you in the More Than MG community.

Visit More Than MG to explore:

- Patient stories shared through social media
- Tips for living life beyond an MG diagnosis
- Encouraging reminders and motivation
- Resources for you and your loved ones

MoreThanMG.com

Follow @MoreThanMG

Use our More Than MG Instagram filter
to help spark awareness about vision impairment.

GO TO @MoreThanMG ON INSTAGRAM TAP THE SPARKLES ICON

SELECT THE "SEE MG" FILTER

ALEXION AstraZeneca Rare Disease

Find A SUPPORT GROUP Near you

Missouri

Eastsiders Lunch Bunch - Blue Springs
1st Wednesday of the month | 11:30 AM - 1:00 PM |
312 SW 19th Terrace Street, Blue Springs, MO
Light lunch provided | Open to individuals, caregivers & providers
Hosted by Carol Hunt & Raymond Hankins, Volunteer Support Group Leaders
Next Meetings - September 3, 2025 | October 1, 2025 | November 3, 2025
RSVP to mckennafulton@mgakc.org

Kansas City Coffee Club
1st Thursday of the month | 9:30 AM - 10:30 AM | Location Varies
Coffee is Dutch treat | Open to individuals, caregivers & providers
Next Meetings - August 7, 2025 | September 4, 2025 | October 2, 2025
RSVP: info@mgakc.org

Greater Kansas City Support Group
Quarterly on a Saturday | 10:00 AM - 11:30 AM | St. Joseph Medical Center, Kansas City, MO
Light brunch is provided | Open to individuals, caregivers & providers
Next Meeting — December 13, 2025 (Holiday BINGO!)
RSVP: mckennafulton@mgakc.org

Kansas City Northland Support Group
January-September, bi-monthly on a Thursday
12:00 PM - 1:30 PM | Primrose Retirement Community, 8559 N. Line Creek Road, Kansas City, MO
Light lunch is provided | Open to individuals, caregivers & providers
Hosted by Sandy Gardner, Volunteer Support Group Leader
Next Meetings – September 11, 2025 | November 13, 2025
RSVP: mckennafulton@mgakc.org

Young Friends of the MGA– Kansas City
Quarterly at various locations in Kansas City
6:00 PM - 8:00 PM
Open to individuals who are generally in their 20s, 30s and 40s
Next meeting – August 26, 2025 | TBA
RSVP: allisonfoss@mgakc.org

Find A SUPPORT GROUP Near you

Missouri

St. Joseph Support Group
Quarterly | 1:30 PM - 3:00 PM | Rolling Hills Library, 1912 N Belt Hwy St. Joseph, MO 64506
Open to individuals, caregivers & providers
Next Meeting - TBA
RSVP: donnasjmo@yahoo.com

Springfield Support Group
Quarterly on a Thursday | 5:30 PM - 7:00 PM | The Library Station, 2535 N Kansas Expy, Springfield, MO 65803
Open to individuals, caregivers & providers
Next Meeting – October 2, 2025
RSVP: mckennafulton@mgakc.org

Mid-Missouri Group
Quarterly on a Thursday | 5:30 PM - 7:00 PM | Daniel Boone Regional Library, 100 W. Broadway, Columbia, MO
Open to individuals, caregivers & providers
Hosted by Jonni Sutton, Volunteer Support Group Leader
Next Meeting – October 2, 2025
RSVP: kathrynclemens@mgakc.org

St. Louis Coffee Club
4th Thursday of the month | 10:30-11:30 AM | St. Louis Bread Company, 10221 Manchester Rd, Kirkwood, MO
Coffee is Dutch treat | Open to individuals, caregivers & providers
Next Meeting – August 28, 2025 | September 25, 2025 | October 23, 2025
RSVP: kathrynclemens@mgakc.org

St. Louis Support Group
Quarterly on a Saturday | 10:00 AM - 11:30 AM | Glendale City Hall Auditorium, St. Louis, MO
Light brunch provided | Open to individuals, caregivers & providers
Next Meeting – October 11, 2025
RSVP: kathrynclemens@mgakc.org

Young Friends of the MGA– St. Louis
Quarterly at various locations in St. Louis | 6:00 PM - 8:00 PM |
Open to individuals who are generally in their 20s, 30s and 40s
Next Meeting – September 18, 2025
RSVP: info@mgakc.org

Find A SUPPORT GROUP Near you

Iowa

Iowa Support Group
Bi-Monthly on the 2nd Wednesday | 7:00 PM - 8:00 PM | Kirkendall Public Library, 1250 SW District Dr, Ankeny IA
Open to individuals, caregivers & providers
Next Meeting – August 13, 2025
RSVP: info@mgakc.org

Kansas

Lawrence Support Group
Quarterly on a Thursday, rotates between Lawrence and Topeka, KS| 5:30 PM - 7:00 PM | Lawrence Public Library, 707 Vermont Street, Lawrence, KS
Open to individuals, caregivers & providers
Next Meeting – August 21, 2025
RSVP: mckennafulton@mgakc.org

Wichita Support Group
Quarterly on a Saturday | 11:00 AM - 1:00 PM | Wichita Public Library, Alford Branch 3447 S. Meridian St. Wichita, KS
Open to individuals, caregivers & providers
Hosted by Dana & Larry Paxson, Volunteer Support Group Leaders
Next Meeting – September 20, 2025
RSVP: info@mgakc.org

Arkansas

Central Arkansas Group
Quarterly on a Thursday | 5:30 PM - 7:00 PM | Regen Med, 15300 Kanis Road, Little Rock, AR
Open to individuals, caregivers & providers
Next Meeting – November 20, 2025
RSVP: kathrynclemens@mgakc.org

NW Arkansas Support Group
Quarterly Saturday | 10:00 AM - 11:30 AM| Springdale Public Library, 405 S. Pleasant St. Springdale, AR 72764
Open to individuals, caregivers & providers
Next Meeting – August 23, 2025
RSVP: kathrynclemens@mgakc.org

Find A SUPPORT GROUP Near you

Virtual

Muscle Makers
3rd Wednesday of the month | 2:00 PM - 3:00 PM | Via Zoom
A virtual community for individuals with MG to bring your hobbies to life. Bring your craft and creativity to your screen while connect with others.
Next Meeting – August 20, 2025
Register at mgakc.org

Virtual Monthly Meetup
4th Monday of the month |
6:30 PM - 7:30 PM | Via Zoom
Open to individuals, caregivers & providers
Next Meeting – August 25, 2025
Register at mgakc.org

MG Pride Group
Bi– Monthly on a Tuesday |
5:30 PM - 6:30 PM | Via Zoom
Open to individuals who identify as LGTBQ+ with MG, their allies and care partners
Hosted by Bryan Bosch, Volunteer Support Group Leader
Next Meeting – August 5, 2025
RSVP: info@mgakc.org

Young Friends of the MGA– Virtual Support Group
Quarterly via zoom|
6:00 PM - 7:00 PM | Via Zoom
Open to individuals who are generally in their 20s, 30s and 40s
Next Meeting – September 2, 2025
RSVP: info@mgakc.org

Become a 2025 Member of the MYASTHENIA GRAVIS ASSOCIATION

Cut and enclose in envelope. Mail to MGA address below:

I want to support the MGA by becoming a 2025

- ☐ $25.00 Basic Member
- ☐ $64.00 65th Anniversary Member
- ☐ $100.00 Sustaining Member
- ☐ $500.00 Patron Member
- ☐ $1,000.00 Lifetime Member

$_____In memory of: _____

$_____In honor of: _____

Name :_____

Address: _____

City, State, Zip:_____

Phone:_____

Email: _____

I am a: ☐ MG PATIENT ☐ RELATIVE ☐ FRIEND ☐ OTHER

MGA
2340 E. Meyer Blvd., Bld. 1, Suite 300A
Kansas City, MO, 64132

-Contributions may be tax deductible
-Make checks payable to:
Myasthenia Gravis Association

Myasthenia Gravis Association
2340 E. Meyer Blvd. Building 1, Suite 300A Kansas City, MO 64132
Phone: (816) 256-4100
Email: info@mgakc.org
www.mgakc.org