**To look up your elected officials:**

Go to

<https://www.govtrack.us/congress/members>

Put in your state to get your two US Senators

Then hit link to Representatives,

Then add your home address to get your Representative

Email for Ralph Yaniz

[Ralph.yaniz@gmail.com](mailto:Ralph.yaniz@gmail.com)

Sample email to elected officials

Dear Congresswoman \_\_\_\_\_\_\_\_\_\_

As a constituent of your district, and someone with Limb Girdle Muscular Dystrophy (LGMD), I am writing to you on this special occasion (Advocacy Day for Limb Girdle Muscular Dystrophy) as we approach LGMD Awareness Day on September 30. Today, we have patients who have been diagnosed with LGMD writing to their elected officials on a very important topic.

First, I realize that because LGMD genetic disorders are rare, and there are more than 30 similar, but different, LGMDs, most people find it helpful to get a little information. The first attachment (LGMD Day on the Hill Info) is a one-pager to share with you and your staff some of the characteristics of the Limb Girdle Muscular Dystrophies.

The second attachment (LGMD Day on the Hill Letter) talks about our Right to Access Campaign. Accessibility is such a key issue for people with disabilities. We are focused on some of the more important issues in accessibility that we hear about from so many individuals with muscular dystrophy. Please take a moment to see how they impact the lives of so many.

I appreciate all the work you are doing and hope we can talk in the future.

Thank you for your consideration, and I look forward to hearing your thoughts.

Sincerely,

Ralph Yaniz