



---

SUPPORT | EDUCATION | RESEARCH | AWARENESS

EVENTS



# CONQUER MG RESOURCE FAIR

CONNECT • LEARN • SUPPORT

**Saturday, April 13 | 1:00–4:00 PM | FREE!**

**Lombard Community Building  
433 East St. Charles Road, Lombard, IL**

**Do you want to learn more about living with MG?**

**Are you curious to learn about available resources?**

The Resource Fair will help you and your loved ones discover how to navigate MG, including understanding medication and treatment options, and planning for living your best life by conquering the many challenges of MG.

- Hear from experts in the field.
- Connect with others who are also living with MG.
- Learn more about managing your disease.
- Bring your support network of family and friends to learn with you.

**Register To Attend**

The Conquer MG Resource Fair Is Grateful To Its Sponsors!



# 12TH ANNUAL VIKING CHALLENGE FOR MG

Sunday, June 2, 2024

8:30 - 11:30 a.m.

Berens Park  
493 N. Oaklawn Ave.  
Elmhurst, IL



Your support helps people living with myasthenia gravis by helping us to continue to fund important research and create awareness. MG is not yet a curable disease, but with growing attention and funding, there is hope.

Make it personal to make it powerful.

1. Invite: Ask friends, family, neighbors, and colleagues to join your team.
2. Fundraise: Tell people why you are supporting the Viking Challenge for MG and ask for their support.

Registration opens soon!



## We Are A Rare & Interesting Bunch!

Myasthenia gravis (MG) and other **rare diseases** are attracting more attention from the research community than ever before. With growing interest in studying rare diseases, several new therapies are now available. This is good news!

There's hope for the fewer than 50,000 people in the U.S. who live with MG.

Conquer MG is a patient advocacy organization that works to connect the patient community, share information, and fund research. We can do more of this with your support!

**Donate today to help someone you love with myasthenia gravis live their best life possible.**

You can double your impact through your employer's Matching Gift Program. Please reach out to your employer's HR department to see if they offer a matching gift program to increase your donation.

Donate To The  
Cause



## Did You Know That Madame Web Has MG?

Marvel film, Madame Web hit theaters on February 14. Are you planning to see this movie? Take a selfie at the theater and tag us on social: [Facebook](#); [Instagram](#); [Twitter](#) Enjoy!

## JOIN A SUPPORT GROUP

### MG Support Meetings: Connect With Those Who Understand

Whether you have myasthenia gravis or care for someone with MG, you're welcome to join the conversation.



#### Anywhere MG Virtual Support Group

2nd Tuesday of each month at 2:00 pm

Dates: March 12, April 9 May 14, June 11, July 9, August 13, September 10, October 8, November 12, December 10

[Register to join.](#)



#### Anywhere MG Virtual Support Group

3rd Thursday of each month at 2:00 pm

Dates: March 21, April 18, May 16, June 20, July 18, August 15, September 19, October 17, November 21, December 19

[Register to join.](#)





### Chicago South & West Support Group

Virtual Meetings, Sundays at 1:00 p.m.

Register for each meeting separately:  
February 18 ([Register](#)), May 19  
([Register](#)), August 11 ([Register](#)),  
November 10 ([Register](#))



### Men's MG Support Group Meeting

Virtual Meetings. Thursdays at 6:30  
p.m.

March 14 ([Register](#)), June 13  
([Register](#)), September 12 ([Register](#)),  
November 14 ([Register](#))



### Chicago North MG Support Group

Saturdays at 10:00 a.m.

March 9, June 8, September 14,  
December 14

The Levy Center (Library Room),  
300 Dodge Avenue, Evanston, IL



### Springfield MG Support Group Meeting

Sundays at 3:00 p.m.

March 17, April 21, May 19, no meeting  
in June, July 21, August 18, September  
15, October 20, November 17,  
December 15

Parkway Christian Church,  
2700 Lindbergh Blvd., Springfield, IL

Follow us on Facebook and Instagram to  
**get up-to-the-minute support group  
announcements** including guest speaker  
information.



Northwest Indiana MG Support Group

Saturdays at 10:00 a.m.

March 16, May 25, August 10, October 19

Schererville Dyer Library,  
1001 West Lincoln Hwy, Schererville,  
IN



## Conquer Myasthenia Gravis

2.8K followers · 11 following

Welcome to Conquer MG! We support MG patients in Illinois, northwest Indiana, southeast Wisconsin

YOUR LIFE, YOUR REALITY

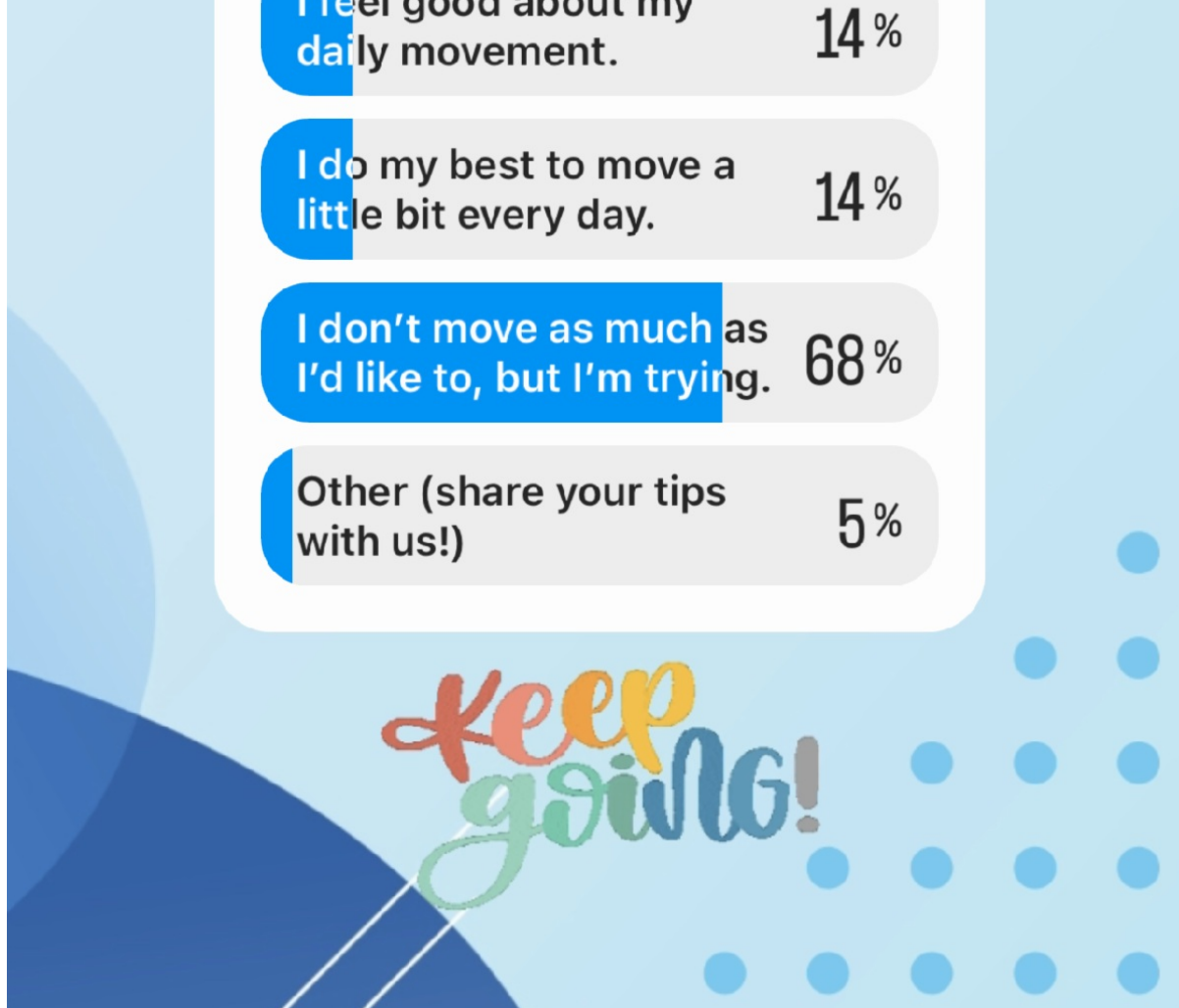
# CONQUER MG

Conquer Myasthenia Gravis

Exercise can be especially challenging for MG patients. However, we consider exercise to simply be movement—of any kind—and EVERY amount of movement COUNTS! ❤️

WHICH DESCRIBES YOU BEST?

I feel good about my



It's a new year, and with it comes the desire to make resolutions, which commonly include exercising more. Sixty-eight percent of people responded to our social poll to let us know they aren't moving as much as they'd like to but are trying – don't give up!

For many, goals around exercise can feel intimidating and conjure up images of lifting weights or going for a run – both are intimidating for MGeners. But don't worry, you're not alone. We want to help you reframe your mindset to focus on movement instead of exercise.

Movement can be taking a walk, doing some gentle stretches from your chair, or even dancing around your living room. By focusing on movement, you can improve your health and well-being without putting too much strain on your body. So, let's move our way to better health together!

[Read more here.](#)

MEET OUR NEW BOARD MEMBERS



## **Alicia Peconio**

Alicia was diagnosed with Myasthenia Gravis in 2016. She worked in higher education administration for more than 16 years and currently works for Northern Seminary as the Director of Academic Operations/Chief Compliance Officer.

Alicia lives in Elmwood Park, IL with her husband Joe and their puppy Shadow. In her free time, she enjoys baking, reading, watching movies, and all things coffee.





## Alex Randall

Alex has spent several years dedicated to EMG Nerve Conduction Tests in a Neuromuscular Neurology Clinic. While performing diagnostic studies, Alex met many patients newly diagnosed or living with myasthenia gravis. He found inspiration in their day-to-day perseverance through the unique challenges associated with MG.

Alex will graduate medical school in 2026. He enjoys staying connected by volunteering at free local clinics and spending time in support groups, where he can learn from the experiences of patients and their families.

Alex is thrilled to join the Conquer MG community and to help drive positive change and education as far and wide as he can.

## PATIENT ASSISTANCE PROGRAM

Conquer MG offers financial assistance to myasthenia gravis patients who live in Illinois, Indiana, or Wisconsin, and who can demonstrate financial need.

This program will help cover the cost - up to \$1,000 - for items such as prescriptions, doctor visits, medical equipment, and therapies.



Click to [download an application](#).

## SPONSORED CONTENT

Take part in a **remote**  
research study for  
**Myasthenia Gravis!**





**New online MG research study - be paid \$500 for taking part remotely.**

We wanted to tell you about a new online research study for Myasthenia gravis, called **ME&MGopen**. The aim is to help patients better understand and manage Myasthenia gravis.

The study takes place entirely online, so you don't need to visit a doctor or clinic to take part. You will download and use an app called ME&MG, answer questions, and complete digital assessments. The study lasts 12 months, and participants will be compensated up to \$500 for taking part!

By participating in this study, you will contribute to the development of innovative technology to help MG patients track symptoms, and help to provide researchers with meaningful data on MG.

Learn more and **sign up for the study here!**

---

You're invited to

# "Take on your tomorrow with gMG"

A free educational webinar sponsored by Alexion

Dive into the science behind generalized myasthenia gravis (gMG), how different symptoms may present, and details about a new management option for adults with anti-acetylcholine receptor (AChR) antibody-positive gMG.



## WHEN

Tuesday, March 19, 2024 at 7:00 PM ET

*Julie Burnham, DO*



## WHO

US gMG patients and caregivers at least 18 years of age



## HOW

**CLICK TO REGISTER** or visit [AlexiongMGEvents.com](https://AlexiongMGEvents.com)

*A link to access the webinar will be sent to you within 2 days of the event. Please log in 5 minutes before the start time. We recommend Google Chrome as the best browser choice.*



Making Connections is a program sponsored by Alexion that provides education and support for patients and caregivers in the gMG community.



ALEXION and the Alexion logo are registered trademarks of Alexion Pharmaceuticals, Inc.  
© 2022, Alexion Pharmaceuticals, Inc. All rights reserved. US/UNB-g/0157 08/22

Health insurance is hard.  
**This guide may help.**

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

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

THANKS, SPONSORS!



Connect with Us!



Conquer MG | 4055 W. Peterson Ave., Suite 105, Chicago, IL 60646

[Unsubscribe\\_cat@bigbuzzideagroup.com](mailto:Unsubscribe_cat@bigbuzzideagroup.com)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by [info@myastheniagravis.org](mailto:info@myastheniagravis.org) powered by



Try email marketing for free today!