

Hello,

World Mitochondrial Disease Week is back September 18 - 24th to raise awareness for mitochondrial health and disease (mito) on a global scale! Thank you again for joining us last September to **Light Up For Mito**.

Last year, we experienced record-breaking social media engagement. We had over 48 Canadian and over 237 international landmarks shining brightly in green!

Mitochondria are the energy source of our cells. We all have trillions of them and need them to fuel our muscles, brains and lives. Without them, we cannot survive.

We ask you to join us again in 2022 for another record-breaking campaign to make this global initiative a great success!

**This email is our formal request for Fitzsimmons Creek Bridge be lit up in green on Saturday, September 24th, 2022.**

Please reply to this email to affirm your participation and provide MitoCanada with instructions on what we need to do to ensure your landmark is included in our global initiative. Thank you for your consideration and support.

Sincerely,

Emily Ing  
Event and Community Awareness Coordinator, MitoCanada Foundation  
[www.MitoCanada.org](http://www.MitoCanada.org)  
Charity Registration #- 81258 6667 RR0001

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#### What is Mitochondrial Disease

Without energy, we cannot survive. It is as simple – and complex – as that.

The human body is fueled by trillions of microscopic powerhouses called mitochondria. Present in almost every cell in our bodies, these tiny but mighty, energy-producing structures generate the energy we need to survive.

When mitochondria are dysfunctional, the impact on the body can be devastating. Those affected can suffer a myriad of symptoms that cause health and quality of life to decline and, for too many, result in death.

Every 30 minutes, a child is born with mitochondrial disease. There are hundreds of illnesses associated with mitochondrial dysfunction, including dementia, ALS, Parkinson's disease,

cancers, and the list is growing. Mitochondrial disease can affect anyone at any age. There is no cure.

MitoCanada is dedicated to creating a world where all lives are powered by healthy mitochondria. Learn how to protect yourself and those you love at [MitoCanada.org](https://mitocanada.org).