

Faces of Mito



Jen's Story

"We need to be less competitive and more inclusive as a society."

Being diagnosed with a rare disease can leave a patient feeling isolated and alone. Having a strong support network is critical to their wellbeing.

Jen is a close friend to mitochondrial disease patient Marsha, and an amazing supporter of the mito community. Always helping with fundraisers and community events for mitochondrial disease, she is a kind spirit that wants everyone to be included in the fun.

"Being around Marsha has given me a better perspective. I am so lucky to be able to move relatively freely without worrying my muscles may give out at any moment or I may get so depleted I cannot move and be in a scary situation. It has made me grateful for that, but it's also made me aware that we need to be less competitive and more inclusive as a society. We need to recognize we are lucky and we should support those who aren't by trying to be a solution to the cause".

There are many ways you can support an individual living with mitochondrial disease, whether that be lending an ear and being a person to talk to, participating in fundraising, or making a conscious effort to create an inclusive space for patients to participate in fun activities to the best of their ability. **Thank you Jen for being an amazing friend of Marsha and mito!**

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