

# Make a Muscle Make a Difference®

When we sing, it takes all the  
muscle power we have.

That's why it's so important

for us to use our  
healthy muscles to

help kids and adults  
who have muscular

dystrophy. We

know that by

working together,

we can end

muscle diseases.

*Be the next to flex.™*

*BURNS & POE*

BURNS & POE  
Proud members,  
MDA Muscle Team

ABBIE UMALI  
MDA Goodwill  
Ambassador



1.800.572.1717  
[www.mda.org](http://www.mda.org)

**MDA**® Muscular  
Dystrophy  
Association  
Fighting Muscle Disease