



# WHY WE ARE LIGHTING UP FOR MITO

We are lighting up our front porches green during World Mitochondrial Disease Awareness Week to show support for the mitochondrial disease community and to help raise awareness about this rare disease.

Mitochondrial disease is a group of genetic disorders caused by dysfunctional mitochondria, the part of the cell that produces energy. This leads to a wide range of symptoms and complications. By lighting our porches green, we stand in solidarity with those affected and help to shine a light on their challenges, stories, and the ongoing need for research and support.

You can join us in this effort by purchasing a green lightbulb on the MitoAction website. Lighting up your home in green is a simple yet impactful way to spread awareness and show your support for the mito community. Visit our website to learn more about mitochondrial disease, find resources, and get your green lightbulb today!



*Scan to Learn More & Order!*



**Awareness Week : September 16 - 22, 2024**