



Course: MitoHeart Project

“The idea for the MitoHeart Project began one evening on a MitoChampion zoom call. During the call, I was knitting and listening to others as they discussed a recent tragedy in our Mito community. I felt so powerless to help, but as I listened, the idea of making hearts for individuals who are struggling or challenged by their health, or the loss of a loved one burned within me.” -Karen Richtman

We would like to encourage you to consider sharing love with those in our Mito Community by making a heart! The heart isn't difficult to knit. If you are a beginner knitter who knows how to knit and purl, and ideally knows how to follow a pattern, we could use your help with making hearts! There is an ongoing need for more hearts in the Mito community.

Whether you are curious about how these beautiful hearts are made, or hope to make some yourself, **we encourage you to join us on September 14th at 3pm (ET) for our next MitoArtisian Playtime.** We will lead you through the steps of making a heart, and a video of the class will be recorded for you to use in the future! If you like to knit and have never heard of mitochondrial disease, what an amazing opportunity to learn more about this community as we launch into Mitochondrial Disease Awareness Week September 15-21st!

Supply List: This course will be presented as a demonstration of the techniques and review of the pattern. We encourage you to review the pattern before the class! Below is a supply list if you choose to assemble your supplies before the course.

- Size 8 (5mm) knitting needles (either straight or circular)
- #3 Bulky Yarn (green)
- A darning or yarn needle for seaming
- Polyester Fill for stuffing the hearts
- One stitch holder at least 2" long or a contrasting yarn about 10" long

Click the link below to download the pattern.

If you are interested in knitting hearts for the MitoHeart Project, or you have any questions, please contact Karen Richtman at:
klrichtman@gmail.com

