

Last Update: April 2026



## **Freedom to Move: Run, Walk and Wheel for Dystonia 2026**

**In-Person: June 14<sup>th</sup> at Downsview Park, Toronto**

**Virtual: June 1<sup>st</sup> to 30<sup>th</sup> anywhere across Canada**

### **HOW TO MAKE A DONATION THROUGH BENEVITY**

*Step-by-step instructions*

1. Under the “Projects” section on the Dystonia Medical Research Foundation Canada (DMRF Canada) charity profile, or by using the search bar, select **“Freedom to Move: Run, Walk and Wheel for Dystonia.”**
2. Click **“Donate Now,”** then enter your donation amount and select the frequency (one-time or recurring).
3. Choose how much information you would like to share with DMRF Canada. *Please note: if no information is shared, your donation will remain anonymous.*
4. To direct your donation to a specific participant, enter their first and last name in the comment box. If no name is included, the donation will be treated as a general Freedom to Move contribution.
5. Select your payment method.
6. Review and submit your donation.

**Please note:** DMRF Canada does not receive Benevity donations immediately. Because of Benevity’s disbursement process, there will be a delay before donations can be manually uploaded and appear on the Freedom to Move event site.