

Last Update: April 2026



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

In-Person: June 14th at Downsview Park, Toronto

Virtual: June 1st to 30th 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.