

*MDA Muscle Walk for Erica Destache*  
**Hart Park, Wauwatosa, WI on Sunday, April 29<sup>th</sup>, 9 am**

**Support Erica:**

<http://www2.mda.org/goto/ERICASTeamHorsepower>

**Erica's battle:**

<https://www.mda.org/disease/myotonic-muscular-dystrophy>

Erica is the daughter of Former AHS Track & Field Coach, Dale Destache.  
[ddestache@gmail.com](mailto:ddestache@gmail.com)

Erica has a rare disease of myotonic muscular dystrophy type 1.

This is a muscle disease characterized by myotonia and by multiorgan damage that combines various degrees of muscle weakness, arrhythmia and/or cardiac conduction disorders, cataract, endocrine damage, and sleep disorders.

Disease course is usually slowly progressive, but rapid deterioration may sometimes be observed.

Life expectancy is reduced by the increased mortality associated with the pulmonary and cardiac complications.

Please consider joining Erica Destache, donating, and/or sending this invitation to anyone and everyone you feel would at least consider joining the fight for a cure, use the links below.

**People have been appreciative of being given the opportunity to help.**

The fundraising will continue until the Muscle Walk at **Hart Park, Wauwatosa, WI on Sunday, April 29<sup>th</sup>.**

Many organizations and employers do fundraising matching which would be a great addition to Erica's team.

Please use the above **links** to see the options available for supporting MDA and the second link to **understand** a little bit about what Erica and millions of others deal with every day.

*Thank you,*

*Sincerely,*

*Dale and Beth Destache and Erica*