

Category: Website Features

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## "Mito Quilts of Hope" Project

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The purpose of the "Mito Quilts of Hope" Project is twofold: to raise public awareness of Mitochondrial Disease by educating quilters and to have them make and donate quilts to patients.

Mitochondrial Disease includes a group of neuromuscular diseases caused by damage to intracellular structures that produce energy (the mitochondria); disease symptoms usually involve muscle contractions that are weak or spontaneous.

The project was conceived by [Christine Knox](#), who has Mito herself, and who wanted to do something to help raise awareness of the disease.

Christine is now putting what energy she has towards her [Mito Quilts of Hope](#) project, which raises awareness and provides support by sending handmade quilts to others with mitochondrial disease. Every stitch will give hope for finding a treatment and eventually a cure for this disease, while bringing warmth to someone who is very ill. It is her goal to give a quilt to every person diagnosed with Mitochondrial Disease in Canada and the US within 5 years.

[Learn How You Can Help](#) ▶



Christine Knox — Image Credit: Daniel Palmer/News Staff