



Nyheim Hines, running back for the Indianapolis Colts, was 14 years old when his mother was diagnosed with muscular dystrophy. Ethan, who turns 13 in 2022, was diagnosed with muscular dystrophy when he was just 2 years old.

With over 150 Care Centers across the United States, the Muscular Dystrophy Association (MDA) helps Nyheim's mom and kids like Ethan to live their lives to the fullest.

Air this new public service announcement and help MDA provide care to adults and kids living with neuromuscular disease in your community.

[DOWNLOAD THE PSA TODAY](#)