

# MARCH IS EPILEPSY AWARENESS MONTH AND PURPLE DAYS

EDMONTON EPILEPSY ASSOCIATION - 11215 GROAT ROAD T5M3K2 EDMONTON ALBERTA

## Dear students, teachers and school community!

March is Epilepsy Awareness Month across Canada. The Edmonton Epilepsy Association (EEA), is proud to be the key leader in awareness, education, and support for Epilepsy across northern Alberta! Epilepsy, a neurological condition that affects 1 in 100 Canadians, with over 20,000 people diagnosed each year across Canada. Misfirings in the brain's electrical currents cause seizures, and anyone can develop Epilepsy at any time, from children, to adults, from genetics, to other diseases, to brain injuries. Strokes can trigger the onset of Epilepsy.

In your school community you may encounter a friend, a colleague, or someone who knows what it is like to have Epilepsy! During the month of March, especially the last week and close to March 26, Purple Day, we raise awareness about this brain disorder, and we invite you to join us in our campaigns.

We hope you can join us in any of the activities and tasks we list at this page on our website:

<https://edmontonepilepsy.org/marchepilepsy2022/>

By partaking in our activities, especially with Purple Days tasks and projects you can say to the world you know about Epilepsy, you support people who live with Epilepsy, and you believe everyone can be their best, no matter their differences in abilities!

We would love to hear from you and how you found a way to create awareness about Epilepsy at your school, from wearing purple during the month of March, and on March 26, 2022. Taking pictures and sharing your projects with your friends at school.

Please email us at [info@edmontonepilepsy.org](mailto:info@edmontonepilepsy.org) or call us at 780-488-9600.

Looking forward to connecting soon!

*Valeria Palladino*

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Executive Director, Edmonton Epilepsy Association



[www.edmontonepilepsy.org](http://www.edmontonepilepsy.org)