

March 26th • National Purple Day for Epilepsy Awareness



BECOMING INVOLVED

The opportunities are endless:

- Have a Purple Themed Photo Competition
- Colour Your World Purple (what does the world look like to you, but in shades of only purple)
- Have your school/office/group of friends paint their nails purple
- Request an In-Service presentation for Epilepsy 101, Seizure Recognition and Seizure First Aid

FUNDRAISING IDEAS

Here are some suggestions for fun fundraising ideas:

- Host a special day for a loonie: Whacky Hair Day, Wear your Hat Indoors Day, Purple Dress-Down Day, Pajama Day, etc.
- Host a Toonie Toss Event
- Host a Purple Themed Bake Sale

SPREAD THE WORD

Share your support of Purple Day for Epilepsy Awareness:

- Register with Epilepsy Durham Region to receive promotional posters and materials about Purple Day
- Take photos of your Purple Day campaign and share them with Epilepsy Durham Region – We will share them on our social media platforms
- Continue saying the word *Epilepsy* in a positive light!

Thank you for joining a national movement by recognizing and supporting Purple Day for Epilepsy Awareness on March 26th. Working together, we can create a positive change, eradicating stigma, and promoting an inclusive, compassionate environment for everyone impacted by Epilepsy.