



# Purple Day & Epilepsy Awareness

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# Getting Involved

- ▶ Epilepsy Associations
- ▶ Hosting events, booths, Bake sales etc..
- ▶ Reaching out to the community
- ▶ Wear Purple on March 26
- ▶ Talk and learn about Epilepsy

# Treatment Possibilities (I'm not medical)

- ▶ There is no one-cure-all route
- ▶ Treatment, like anything with epilepsy is relative to each person
- ▶ Medications
- ▶ Surgeries and Implants
- ▶ Diets
- ▶ Natural paths (yoga, Exercise, healthy body, mind & soul)



# Live your life

- ▶ Epilepsy doesn't define you
- ▶ Adaptations
- ▶ Social life
- ▶ Follow your dreams
- ▶ It's not epilepsy life's, it's your life.



Video

Thank you

**Purple Day - March 26**  
[www.purpleday.org](http://www.purpleday.org)