



THE CENTER FOR  
**EPILEPSY & SEIZURE EDUCATION**  
IN BRITISH COLUMBIA

## March 2021 Newsletter



### ***PURPLE DAY***



*Purple Day is Just around the corner and we need YOUR help!*

Promote Purple Day by reaching out into your community and request landmarks, monuments, overpasses, etc. to be lit up purple in honour of Purple Day, March 26th.

If you would like to get involved, or have further questions on how you can help take part in our Purple Day events please contact us at [info@esebc.ca](mailto:info@esebc.ca) or visit our website at [www.esebc.ca](http://www.esebc.ca)

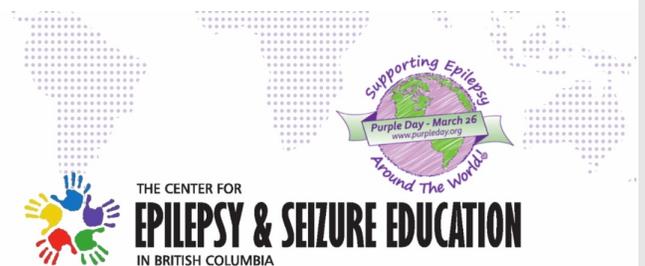
Due to COVID-19 restrictions we are doing our **Annual Purple Day Walk** virtual this year.

This event is typically held at Mill Lake Park in Abbotsford, and this year our goal is for everyone to do a minimum of 4.6km (which is equal to 2 laps around Mill Lake).

Due to Covid 19, we want participants to do this at their own pace and in their own neighbourhood. If that means walking the block for 10 minutes a day for a week, or all at once on March 26 you will be creating awareness for epilepsy.

Registration is \$10.00 for individuals and \$25.00 for a family of 3 or more. Click [here](#) to register online or visit our website at: [www.esebc.ca](http://www.esebc.ca)

We would love to see you photos, please tag us on Facebook or [#purpledayesebc](https://www.instagram.com/purpledayesebc)



## **VIRTUAL PURPLE DAY WALK FOR EPILEPSY AWARENESS**

JOIN US IN SPREADING AWARENESS ABOUT EPILEPSY

REGISTER BY MARCH 11, 2021 AND YOU WILL RECEIVE A FREE T-SHIRT (WHILE SUPPLIES LAST)

For more information or to register, please visit our website at [www.esebc.ca](http://www.esebc.ca) or email us at [info@esebc.ca](mailto:info@esebc.ca)





## MANDALA ART EXPRESSION SERIES

We continue to offer our Mandala Art Sessions online via livestream on Facebook.

Please join us for our next Mandala Art Session!

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WILL BE HOSTING SESSION 8 of the  
**MANDALA ART EXPRESSION SERIES**  
on FACEBOOK LIVE:  
<https://www.facebook.com/centerforepilepsy/>  
DATE: MARCH 18, 2021  
TIME: 1:30 PM

VISIT [WWW.ESEBC.CA](http://WWW.ESEBC.CA) TO REGISTER & RECEIVE A FREE  
PAINT KIT (SUPPLIES ARE LIMITED).  
REGISTRATION DEADLINE: MARCH 11, 2021

 For further information or to  
register over the phone please  
contact us at (604) 853-7399 or  
[info@esebc.ca](mailto:info@esebc.ca)

 Legion Foundation  
BC/Yukon Command

 PACIFIC  
**BLUE CROSS**  
Health Foundation

"We acknowledge the financial support of the Province of British Columbia."

To register for a paint kit for the session on March 18, 2021, please fill out the form on the page linked below.

<https://esebc.org/client-services-programs/support-groups/>

Supplies are limited, therefore, registration must be completed by March 11, 2021 to secure your paint kit.



## ***Presentations Now Online***

We are now available to provide online presentations. If you are a school, service group, church, community group, etc. wanting to learn more about epilepsy and seizures, please contact us at (604) 853-7399 or email to [educationcoordinator@esebc.ca](mailto:educationcoordinator@esebc.ca)

We have been very busy facilitating numerous presentations to rotary clubs, schools and community organizations. We have presented in areas including Vancouver, Langley, Cloverdale, White Rock, Abbotsford, Kamloops, Vernon, Kelowna, Cumberland, Campbell River, and Powell River, to name a few.



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There will be a 15 minute question period at the end of the presentation.

## **Ketogenic Diet Presentation**

*PRESENTED BY: ALEX PRINTIS, RD*

The Center for Epilepsy & Seizure Education is hosting Alex Printis, RD who will be educating individuals about the Ketogenic Diet & Epilepsy.



Alex Printis is a Registered Dietitian in BC. As part of an interdisciplinary team, she has spent the last 8 years working on therapeutic ketogenic diets for individuals with treatment resistant epilepsy.



Did you know? The name ketogenic means that it produces ketones in the body. (keto = ketone; genic = producing) Ketones are formed when the body uses fat for its source of energy.

**JOIN US ON FACEBOOK LIVE**  
<https://www.facebook.com/centerforepilepsy>  
**March 3, 2021**  
**at 1:30 PM PST**



## Congratulations to our 50/50 Winners:

Shea Sundaresan **\$500.00**  
Olli Sovio **\$500.00**  
Trevor Holmgren **\$410.00**  
Shannon O'Brien **\$475.00**  
Amrit (Michael) Immaraju **\$500.00**



2020/21 has been such a challenging time for all of us. Covid-19 has impacted us on so many levels. Charities have not been immune to these challenges, and we are asking for your support. Every dollar counts towards supporting those in need of our services.

[\*\*Click Here to Donate!\*\*](#)

The Center for Epilepsy & Seizure Education in British Columbia [www.esebc.ca](http://www.esebc.ca)

