

# The Update



January 2024



## Join us for our annual Stroll For Epilepsy at Polaris Fashion Place!

This fun indoor walk through the mall gives you the chance to learn about epilepsy, win great prizes, and have a great time with family and friends.

**When:** Saturday, February 24, 2024, at 9:00 am

**Where:** Polaris Fashion Place, 1500 Polaris Parkway, Columbus, OH, 43240

\*\* Begins in the Center Court area

**Who:** All who want to support people with epilepsy and the work of Epilepsy Alliance Ohio; Anyone who wants to win a treasure hunt prize

**How:** Register online at [www.epilepsy-ohio.org](http://www.epilepsy-ohio.org) OR same day beginning at 8:00 am

**Stroll** for  
**Epilepsy**  
A Family Friendly Walk

Your participation in this event helps Epilepsy Alliance Ohio provide valuable services to the community including: counseling, support groups, community education, camping programs, and much more!

**How it Works:** A fun, family friendly event that all can take part in. All participants who register receive a colorful event t-shirt and Treasure Hunt card. With the card, participants walk throughout the mall visiting Treasure Hunt stops. At the stops, participants will answer questions about epilepsy and receive a special stamp on their card. After visiting all the stops, participants will then return to the Center Court area to enter their card into a drawing. There will also be live entertainment, a silent auction, and much more!

# S.M.A.R.T. Program

## Managing Life with Epilepsy: An 8-Week Virtual Course

Free 8 week virtual course on strategies for managing both physical and emotional well-being.

Are you an adult living with epilepsy or do you know someone who is? Would you like to learn some strategies to help improve your quality of life? Epilepsy Alliance Ohio is holding a virtual 8-week, one hour per week, class for adults with epilepsy focused on practical strategies for managing both physical and emotional well-being.

Each week, the group leaders highlight different topics in wellness for epilepsy. Participants have an opportunity to share their experiences living with epilepsy and learn from each other. Groups will be limited to 10 participants.

Participation is free of charge.

Sessions are held every Tuesday at 10:00 am beginning January 30, 2024, to March 26, 2024.

For more information contact Karen Brown at 614-725-1031 or [kbrown@epilepsy-ohio.org](mailto:kbrown@epilepsy-ohio.org)



## CAMP FLAME CATCHER

Upcoming 2024 Camp Flame Catcher dates:

Spring Camp: April 12-14

Residential Summer Camp: July 7-11

Fall Camp: September 20-22



To take part in camp or for questions about camp, contact Mark Findley, Camp Director at 513-721-2905 or [mfindley@epilepsy-ohio.org](mailto:mfindley@epilepsy-ohio.org).

Save the Dates

February 24 - Stroll for Epilepsy, Columbus, Ohio  
Emerald Miles - March 16 - Newport, Kentucky

### Mission Statement:

Epilepsy Alliance Ohio is dedicated to supporting those in our communities impacted by epilepsy by confronting the spectrum of challenges created by seizures.

Epilepsy Alliance Ohio

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