

The Update



September 2024

August 31, 2024

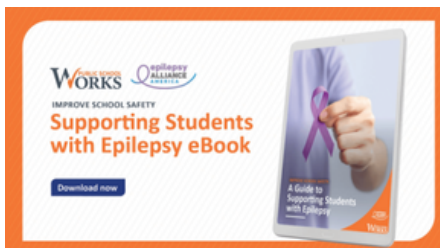
The 5th Annual EAO/WEBN Frog Legs 5K Run/Walk

Join the Epilepsy Alliance Ohio as we host the 5th annual Frog Legs 5K. This event adds to the weekend of fun that WEBN delivers every year with the fireworks. You will enjoy a beautiful course along the river as well as great food and drinks after the race.

- All Proceeds from this event benefit the programs and services of the Epilepsy Alliance Ohio.
- Top male and female runner will have a front row view of the fireworks.
- Stick around after the race for food, drinks, and awards at Yeatman's Cove.



A Guide to Supporting Students with Epilepsy



Create a Safer Environment for all Students & Staff

[Get Your eBook](#)

Empower your school community to provide support for students with epilepsy and be prepared to respond to seizures with our eBook, *Improve School Safety: A Guide to Supporting Students with Epilepsy*. Even if you don't have student or staff diagnosed with epilepsy, the CDC shares that 1 in 10 individuals will experience a seizure at some point in their lives. That's why we've partnered with Epilepsy Alliance America to design this resource specifically for administrators like you who are committed to creating inclusive and supportive environments where students and staff can thrive.

S.M.A.R.T. Program

Managing Life with Epilepsy: An 8-Week Virtual Course



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.

Next session will be Tuesdays, September 24, to November 12, from 3:00-4:00 PM.
This session will focus on adults age 18-35.

To enroll and/or be added to the waiting list, please go [here](#) or contact Patty Trotta at 513-721-2905 or patty.trotta@epilepsy-ohio.org.

CAMP FLAME CATCHER

2024 Camp Dates:

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.



Summer 2024 Campers

Save the Dates

Frog Legs 5K - September 2 - Cincinnati, Ohio
Fall Camp - September 20-22 - Oregonia, Ohio
Living With Epilepsy Conference - November 2 - Columbus, Ohio
Seize Hope Gala - November 8 - Cincinnati, Ohio

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.

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