

The Update



January 2026



February 28, 2026

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

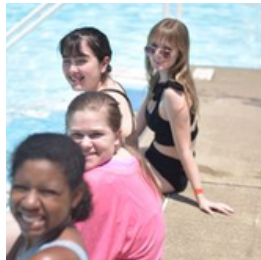
When: Saturday, February 28, 2026 at 9:00 am
Same day registration begins @ 8:00 am

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

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 for fabulous prizes! There will also be live entertainment, a silent auction, and much more!

Want to Start a Team? Join together with family and friends to start a team on our website. You can personalize your page with pictures and e-mail it to family and friends. Check it out at www.epilepsy-ohio.org

[On-Line Registration: 2026 On-Line Registration Link!](#)



Camp Flame Catcher 2026

Spring: April 10 – 12
Summer: July 12 – 16
Fall: September 19 - 21



Camp Flame Catcher is uniquely designed to give children with epilepsy the typical camping experience that their peers enjoy with the added guidance of trained epilepsy specialists to care for their specific needs. The children have the opportunity to establish friendships with other children who also have epilepsy and hopefully develop a lasting support system in their lives. Most of all though, the kids have a GREAT time at camp. They take part in such activities as: hiking, arts & crafts, swimming, archery, horseback riding, fishing, boating, shooting BB guns, canoeing, kayaking, hay rides, singing, scaling a climbing wall and much, much more. Camp Flame Catcher creates memories to last a lifetime!

Camp Flame Catcher takes place on the wooded grounds of Camp Kern in Warren County, Ohio, near Kings Island Amusement Park.

To take part in camp or to ask any questions about camp, e-mail Mark Findley, the Camp Director at: 513-721-2905 or mfindley@epilepsy-ohio.org

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 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. The program involves educational and behavioral interventions intended to enhance epilepsy self-management.

Each week, the group leaders, which include a nurse and a trained peer educator, 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.

Upcoming 2026 Sessions:

1st Session: January 27—March 17

2nd Session: April 14—June 9

3rd Session: September 1—October 20

To enroll click [here](#). For more information, contact Patty Trotta at 513-721-2905 or patty.trotta@epilepsy-ohio.org



Notes

Columbus In-Person support groups are held at Dempsey Family Education and Resource Center in the Neuroscience Tower at Riverside Methodist Hospital located at 3535 Olentangy River Road Columbus Ohio 43214. Park in the red parking lot, parking passes will be provided.

Cincinnati In-Person support groups are held at Crossroads Church Mason, 990 Reading Rd, Mason, Ohio, 45040. Use the North entrance.

1 in 26 Day signifies the 1 in 26 people who will be diagnosed with epilepsy at some point in their lifetime. It is a great day to raise awareness and support the epilepsy community!

If you would like to attend more support groups or can't make our times, check out <https://epilepsyallianceamerica.org/events/list/> for other specific support groups, events, and more!

Cincinnati In-Person Support Group

Columbus In-Person Support Group

1 in 26 Day

Virtual Support Group

CEU Seminar

epilepsy ALLIANCE OHIO

20
26 | Monthly Calendar

January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6 Men's 4:30pm-5:30pm	7 6:00pm-7:30pm	8	9	10
11	12	13	14 5:30pm-7:00pm	15	16	17
18	19	20	21 Adult's 5:30pm-6:30pm	22	23	24
25	26 1 in 26 Day	27	28 Parent's 5:30pm-6:30pm	29 Seminar 9:00am	30	31

Save the Dates
SMART - January 27 to March 17 - Virtual
Stroll for Epilepsy - February 28 - Columbus
Emerald Miles - March 14 - Cincinnati

Epilepsy Alliance Ohio
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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.