

## I am running for

- my parent
- my sibling
- my child
- my spouse
- my aunt
- my uncle
- my cousin
- my grandma
- my grandpa
- my grandchild
- my family member
- my friend
- my family
- my community
- my school
- my work
- myself
- anyone with epilepsy



Join Us for Windsor's 2nd Annual Seize the Day!

The Seize the Day 2.5k Walk & 5k Run supports individuals, families and members of the community affected by seizures and epilepsy. Whether you are walking to honour someone who passed away from a seizure, supporting those affected by epilepsy and seizures, or want to help raise awareness, we invite you to join us for this special occasion. Whether you run marathons, or just enjoy the casual walk, everyone is welcome to participate! We hope you can join us and help make this annual event an impactful one.

### Connect with us!

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Toll free 1.866.EPILEPSY  
www.epilepsysupport.ca

epilepsy  
southwestern  
ontario

# epilepsy southwestern ontario

## The 2nd annual Seize the Day 5k Run / 2.5k Walk



Sunday, September 16, 2018  
Vollmer Culture and Recreation Complex

## Event Details

**Sunday, September 16, 2018**

Event start time: 10:30am

### New Location

Vollmer Culture and Recreation  
Complex, 2121 Laurier Pkwy,  
Windsor, ON N9J 0B4



### Fees

- \$20 in advance or \$25 day of the event
- Collect \$100 in pledges & your registration fee will be waived
- Collect \$150 in pledges & your fee is waived, plus you will receive a free run t-shirt
- BBQ Social following the run

To learn more, visit

[epilepsysupport.ca](http://epilepsysupport.ca)

