The **2nd** annual

Seize the Day

5k Run / 2.5k Walk

Sunday, September 16, 2018

10:30 a.m.

Vollmer Culture and Recreation Complex, Windsor, ON

Carpe Diem!

- Register in advance for $20 or at the event for $25
- The event is free for any individual submitting at least $100 in pledges
- Receive a free t-shirt and have your registration fee waived if you submit $150 or more in pledges
- BBQ Social following the run

epilepsy southwestern ontario

To learn more, visit

epilepsysupport.ca