

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



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 even bigger this year.

Send in or drop off entry at our office

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Fax 519.433.4079
Toll free 1.866.EPILEPSY
www.epilepsyswo.ca

epilepsy
southwestern
ontario



Sunday, September 29, 2019
Graham Family Eco Park

Event Details

Sunday, September 29, 2019

Event start time: 10:30 a.m.

Location

Graham Family Eco Park, 15769 - 16033
Medway Rd, Arva, ON N0M 1C0



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

Washroom facilities are limited.
Raffle Draw at event.

Beat the lines

- Pre-register, drop off your pledges and pick-up your t-shirts in advance on Thursday, September 26 and Friday, September 27 from 4:30pm-6:30pm.

To learn more, visit
epilepsyswo.ca

