

The **7th** annual
Seize the Day
5k Run / 2.5k Walk
Goes Virtual

September 12 - 27, 2020



Carpe Diem!

- Create your own route, participate at your own pace and time it yourself.
- Collect pledges and complete your 2.5k or 5k between September 12-27, 2020.
- Let's come together to raise money for support and educational services for people living with epilepsy, their families and their communities across Southwestern Ontario.

epilepsy
southwestern
ontario

Presented by:

Guardian
Coulter's Pharmacy
and
Home Health Care

To learn more, visit
epilepsyswo.ca