

# THE 10<sup>TH</sup> ANNUAL

Walking In Honour & Memory of  
People Affected by Seizures

Presenting Sponsor:



SOUTHSIDE  
GROUP



**SEIZE THE DAY**  
ANNUAL 5K RUN/2.5K WALK

**SEPTEMBER 24<sup>TH</sup>, 2023**

**Graham Family Eco Park, London**

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 by August 24th, 2023

Come to our BBQ Fundraiser following the run/walk!



Not able to attend?  
Visit our website to learn more  
about our virtual option



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

**epilepsy**  
southwestern  
ontario