

The Update



February 2025



Join us for our annual Stroll For Epilepsy at Polaris Fashion Place! This fun indoor walk through the mall gives you the chance to learn about epilepsy, win great prizes, and have a great time.

When: Saturday, February 22, 2025 at 9:00 am
Same day registration begins @ 8:00 am

Where: Polaris Fashion Place
1500 Polaris Parkway
Columbus, OH, 43240

** Begins in the Center Court area

February 22, 2025



Who: Anyone who wants to support people with epilepsy and the work of the Epilepsy Alliance; Anyone who wants to win a treasure hunt prize

How: Complete and send in the Stroll For Epilepsy 2025 Flyer with your payment or register online:

[Click here for On-Line Registration!](#)

[Stroll for Epilepsy 2025 Registration Flyer](#)



Emerald Miles 5K Run/Walk 2025
March 15th



Please join us at the Hofbräuhaus in Newport, Kentucky, as we host our annual Emerald Miles Run/Walk. This great venue is the perfect place to gather with family and friends before and after the race to enjoy food, music and a cold beer! Register below and don't forget to invite family and friends to join your team. See you March 15th!

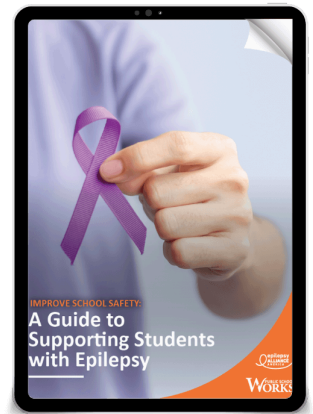
Your participation in this event helps Epilepsy Alliance Ohio provide valuable services to our community including: counseling, support groups, community education, group homes, Camp Flame Catcher for youth with epilepsy, an Adult Day Activity Program and much more!

Support people with epilepsy by either running or walking the 5K scenic course that starts at the Purple People Bridge, crosses over the Ohio River, loops through Sawyer Point into Cincinnati and then returns via the Purple People Bridge.

[Click here for On-line Registration!](#)

[2025 Emerald Miles Registration Flyer](#)

Empower your school community to provide support for students with epilepsy and be prepared to respond to seizures with our eBook, *Improve School Safety: A Guide to Supporting Students with Epilepsy*. Even if you don't have student or staff diagnosed with epilepsy, the CDC shares that 1 in 10 individuals will experience a seizure at some point in their lives. That's why we've partnered with Epilepsy Alliance America to design this resource specifically for administrators like you who are committed to creating inclusive and supportive environments where students and staff can thrive.



S.M.A.R.T. Program

Managing Life with Epilepsy: An 8-Week Virtual Course

Are you an adult living with epilepsy or do you know someone who is? Would you like to learn strategies to help improve your quality of life? Epilepsy Alliance Ohio is holding virtual 8-week, one hour per week, classes for adults with epilepsy focused on practical strategies for managing both physical and emotional well-being.

Each week, group leaders highlight different topics in wellness for epilepsy. Participants have an opportunity to share their experiences living with epilepsy and learn from each other. Groups will be limited to 10 participants and participation is free of charge.

Upcoming 2025 Sessions:
February 4 to March 25
May 6 to June 24
September 9 to October 28

To enroll and/or be added to the waiting list, please go [here](#) or contact Patty Trotta at 513-721-2905 or patty.trotta@epilepsy-ohio.org.

Save the Dates

Stroll for Epilepsy - February 22 - Columbus, Ohio
Emerald Miles 5K Run/Walk - March 15 - Newport, Kentucky
Spring - Camp Flame Catcher - April 4-6 - Oregonia, Ohio
Summer - Camp Flame Catcher - July 13-17 - Oregonia, Ohio
Fall - Camp Flame Catcher - September 19-21 - Oregonia, Ohio

Mission Statement:

Epilepsy Alliance Ohio is dedicated to supporting those in our communities impacted by epilepsy by confronting the spectrum of challenges created by seizures.

Epilepsy Alliance Ohio
895 Central Ave., Suite 550 Cincinnati, Ohio 45202
(513) 721-2905 / (877) 804-2241 / Fax (877) 721-0799
EAO@epilepsy-ohio.org www.epilepsy-ohio.org