

# Top 3 Ways to Create Awareness



## 1. Create a presentation about your journey with epilepsy and share!

- Share the whole you, not just about your seizures
- Include how you want people to respond
- Flexible to fit YOU!
- Links to presentations on EFMN website
- Share with your class, sports team, church group, neighborhood, etc.

## 2. Organize a local awareness event/fundraiser

- Host anywhere in your community you feel connected to: school, church, community center, etc.
- EFMN can supply information and educational materials

## 3. Participate in the annual Rise Above Seizures Walk in your region

- Attend the walk in one of our hub cities: St. Cloud, Rochester, Duluth, Fargo or Twin Cities
- Register a VIRTUAL TEAM and participate from your own city