

26 March is Purple Day for Epilepsy



www.epilepsytasmania.org.au

Go Purple!

On any day during the national epilepsy awareness campaign 1 to 26 March, you and your school can join other students from around the world to go purple and spread the word about epilepsy!

Purple Day is a grassroots effort dedicated to increasing awareness about epilepsy worldwide. On 26 March people from around the globe are asked to go purple and spread the word about epilepsy.

Purple Day was founded in 2008 by 9 year old Cassidy Megan of Canada. Motivated by her own struggles with epilepsy, Cassidy started Purple Day in an effort to get people talking about epilepsy and inform those with seizures that they are not alone. She named the day Purple Day after the internationally recognised colour for epilepsy – lavender.

The Epilepsy Association of Tasmania is proud to be a member of Epilepsy Australia - the official Australian partner of Purple Day - and has joined up with other epilepsy organisations from across the globe including Canada, USA, UK and South Africa to make Purple Day even bigger.


10% of Australians will have a seizure during their lifetime, while 3-4% will be diagnosed with epilepsy – the world's most common serious brain disorder.

Anyone at any time can be diagnosed with epilepsy, however the majority are school aged.

Supporting Epilepsy Tasmania The Official Purple Day Tasmanian Partner

Epilepsy Tasmania provides essential services and programs for people with epilepsy, their families, health, disability and education workers.

Getting involved is easy Register online or by phone

- Encourage your school to hold a **free (purple) dress day** and donate the proceeds to Epilepsy Tasmania. Contact us for a free supply of Purple Day posters, temporary tattoos.
- Buy/sell Epilepsy Tasmania's Purple Day **merchandise**. 
- Contact us for our **cross-curricular purple ideas**. Here are some examples:
 - o List purple plants (flowers, stems, leaves, vegetables) – what makes them purple?
 - o Write purple poems
 - o Decorate cup cakes with purple icing
 - o Find the music and sing Purple People Eater
 - o Use purple as a noun and an adjective in a sentence
 - o Create a purple scene with a purple camouflaged creature
 - o Where do you find purple in sport?
 - o What is 'purple' in other languages?



Plan now to go purple anytime from 1 March to 26 March

For more information about Purple Day and how you can get involved:

**EPILEPSY ASSOCIATION OF
TASMANIA INC**



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