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**Epilepsy Alliance Louisiana Hosts the
16th Annual Seize the Day 5K and 1-Mile Fun Run Virtually**

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Baton Rouge, LA – Epilepsy Alliance Louisiana hosts its annual 5K and 1-Mile Fun Run, Seize the Day, at the LSU Old Front Nine every spring but this year the run was hosted virtually. This community awareness day is the largest epilepsy advocacy day in the state. It is a great day for people and families affected by epilepsy in Louisiana. The money raised from the event allows the foundation to educate schools, corporations and government entities, provide services to those living with epilepsy, and help raise public awareness.

This race was too important to the epilepsy community to cancel so the 16th Annual Seize the Day 5k and 1-Mile Fun Run happened virtually on Saturday, March 28, 2020. The run featured a warm-up video from ReGYMen fitness, a video from our race emcee Chris Mensman and Executive Director Julie Martin. A Zoom call kicked off the day to check in with participants and celebrate the start of the race. Participants participated by posting on social media and via email. The event raised over \$40,000 with over 30 teams participating in support of Epilepsy Alliance Louisiana. Hundreds of people participated from 23 parishes and seven states by posting on social media and tagging #seizetheday2020 or by participating in the Seize the Day Facebook group. This event would not have been possible without our sponsors BASF, PhRMA, Infamedics, Sunovion, UCB pharma, the Baton Rouge Clinic, Greenwich Biosciences, the Neuromedical Center, SK Life Science, and VNS Therapy. Thank you to the community for participating and supporting those with epilepsy. We plan to schedule an advocacy event once it is advisable by officials to host public events. We appreciate your continued support. Thank you for your commitment as we respond to this evolving situation together and we invite you to donate if you would like at www.epilepsylouisiana.org/donate.

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About Epilepsy Alliance Louisiana

Epilepsy Alliance Louisiana was founded in 1977 and serves as the only organization in the state dedicated to support people living with seizures and epilepsy. EAL is a proud founding member of the national organization, Epilepsy Alliance America.

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