



**Maroochy Weekly**  
**Wednesday 24/03/2010**

Page: 8  
Section: General News  
Region: Maroochy QLD, AU  
Circulation: 15998  
Type: Regional  
Size: 178.21 sq.cms.



**slice**  
slicemedia.com

press clip

# How to become an epilepsy hero

Purple Day is a global effort dedicated to increasing epilepsy awareness.

On Friday, March 26, spread awareness about epilepsy by wearing purple, or hosting a Purple Day fundraising event.

Purple Day was founded in 2008 by nine-year-old Cassidy Megan.

Motivated by her own hardship with epilepsy, Cassidy started Purple Day to encourage people to talk about the disorder and inform those who live with seizures they are not alone.

Epilepsy is the world's most common serious brain disorder.

More than 180,000 Australian's are living with epilepsy and 2% of Australians will experience the condition at some point in their lives.

For many the stigma associated with epilepsy is

worse than the condition.

Getting involved with 2010 Purple Day is easy and here are some ways you can help.

Wear purple on March 26.

Become a Purple Day Epilepsy Action Australia Hero by holding an epilepsy awareness fundraising event.

In a matter of minutes you can create your own Everyday Hero online fundraising page and approach your friends, family and colleagues for a tax deductible donation.

Go to [www.everydayhero.com.au](http://www.everydayhero.com.au) and follow the quick and easy steps to create your fundraising page.

Cassidy's dream was that by raising awareness, those living with epilepsy would feel comfortable about disclosing it and in return the stigma of condition would be reduced.

For more information on

epilepsy call 1300 37 45 37 or visit the website at [www.epilepsy.org.au](http://www.epilepsy.org.au).



**Cabolture Realty's Joe Maver with Suzanne Wain are behind Purple Day for epilepsy awareness.**

PHOTO: JASON DOUGHERTY