# MEDIA RELEASE

# 21 September, 2021

**Get Ready To Walk For Epilepsy!**

Dust off your sneakers, wash your bike and get your togs out of the winter wardrobe because it is time for October’s **Walk For Epilepsy** event.

In support of the **1 in 25 Australians** who develop epilepsy, this popular 25-day fundraiser is all about choice: run, walk, cycle, swim, skateboard or skooter towards your own goals and at your own pace.

**Tasmania has Australia’s highest prevalence of epilepsy and it is the second most burdensome neurological condition after dementia.** People with epilepsy live with the constant anxiety of unexpected seizures, injury, memory loss, higher mortality rates, social isolation, reduced or lost employment, discrimination and stigma.

**One-fifth of Tasmania’s population is impacted by epilepsy and** every 33 minutes someone in Australia is newly diagnosed.

“An epilepsy diagnosis always changes lives,” said Wendy Groot, CEO of Epilepsy Tasmania.

“People commonly lose their driving license because seizures are unpredictable until fully controlled by medication.

“30% of people with epilepsy never gain seizure control, which often results in them spending most of their time at home and becoming socially isolated and unemployable.”

COVID-19 has been financially challenging for Epilepsy Tasmania, but Ms Groot hopes Tasmanians will support this fundraiser by either registering to participate or donating to another registered person or team.

“By supporting **Walk For Epilepsy** and raising or donating funds, people can make a real impact here in Tasmania and for the one million Australians who need support, research and a cure for epilepsy,” said Ms Groot.

It is free to register or donate to **Walk for Epilepsy:** [www.walkforepilepsy.org.au](http://www.walkforepilepsy.org.au)

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