



## FOR IMMEDIATE RELEASE

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### **Walk, Run or Bike 26 Miles in 26 Days for Epilepsy Awareness**

*Get Moving with EPI's Hybrid Fitness Challenge*

**Syracuse, NY – September 18, 2023** - One in 26 people in the United States will develop epilepsy sometime during their life. This October, Epilepsy Alliance of West Central New York, the epilepsy division of Empowering People's Independence (EPI), is raising awareness about epilepsy with the **One in 26 Challenge**. Challenge participants have 26 days, between October 1<sup>st</sup> and 26<sup>th</sup>, to walk, run, bike or complete 26 miles with an activity of their choice.

EPI will host a one-mile, group walk kick-off event on:

**Date:** **Sunday, October 1, 2023**  
**Time:** Registration from 8:00 to 9:00 am  
Walk at 9:00 am  
**Location:** **Abbott Farms, 3275 Cold Springs Rd, Baldwinsville, NY 13027.**

Registration for the event is open and it includes an ALL-DAY-PASS to Abbott Farms, where participants will be able to enjoy all the farm's attractions. Online registration is available at **[www.epiny.org](http://www.epiny.org)**.

Proceeds from the One in 26 Challenge will benefit EPI's epilepsy programs and services that provide support for thousands of children and adults with epilepsy in Upstate New York. Services include education, support, training, advocacy, and tailored care plans to meet the physical, behavioral, and social needs of each person we serve. Each summer, EPI hosts Camp EAGR, the only camp in New York State for children with epilepsy and their siblings.

"Approximately 9,000 New Yorkers are newly diagnosed with epilepsy each year. Anyone can develop epilepsy, at any time of their life," said Jeff Sinsebox, EPI President. "While there are many medications, medical devices, and surgical options to treat epilepsy, right now there are no known cures for epilepsy. It is important we raise awareness about epilepsy and support individuals and family affected by this condition."

**ABOUT EPI AND EPILEPSY ALLIANCE OF WEST CENTRAL NEW YORK**

Headquartered in Rochester, NY and with offices in Syracuse and Binghamton, EPI provides comprehensive services for people with disabilities in the Finger Lakes, Southern Tier, Western and Central New York regions. EPI's offerings include Self-Direction, Day and Community Habilitation, Residential Services, Respite, and Health Homes.

Epilepsy Alliance of West Central NY (EAWCNY), is the epilepsy services division of EPI. EAWCNY is dedicated to supporting those impacted by epilepsy in our communities by confronting the spectrum of challenges created by seizures. EPI is a founding member of Epilepsy Alliance America, a national organization dedicated to providing support, care, and services to those with epilepsy.

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