

FOR IMMEDIATE RELEASE

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## LIVING WELL WITH EPILEPSY™

### Epilepsy Blog Relay Ignites Global Grassroots Movement

***30 bloggers, epilepsy organizations, universities and family foundations use their influence to tackle the epilepsy stigma throughout June.***

#### Epilepsy Stigma Blog Relay



**PHILADELPHIA, P.A., May 30, 2015** – On June 1, 2015, Living Well With Epilepsy launches a groundbreaking blog relay, the first of its kind in support of the epilepsy community. The campaign, which gathers the influence of 30 bloggers, epilepsy organizations, universities and family foundations from Philadelphia to Cameroon, is designed to educate readers on epilepsy related stigma around the world. The relay is driven by community engagement, and will empower the millions of people living with epilepsy and their loved ones to speak out about the stigma they have experienced in their own lives.

Since 2013, Living Well With Epilepsy has dedicated June as Epilepsy Stigma Awareness month. Each year the team takes this opportunity to shatter myths and shine a spotlight on epilepsy stigma for those who often feel the disease is invisible.

"The Epilepsy Blog Relay is a great way for bloggers, epilepsy organizations, universities and family foundations around the world to lend their voice to the fight against epilepsy stigma. The effort was so popular that within 24 hours we had filled  $\frac{1}{3}$  of the available participant slots. In fact, we are already looking toward November, epilepsy awareness month, to do something similar," said Jessica K. Smith, Founder and Managing Editor, Living Well With Epilepsy.

People living with epilepsy have lost spouses, friends, even jobs because someone discovered they are living with this disease. “Growing up I was told it would be hard for me to retain information or learn new things because I had epilepsy. It hurt my self esteem as an adolescent. However, I’ve shattered that stigma by graduating high school and by finishing college with two degrees—with honors no less. People with epilepsy can function on the same level as those not living with the disease,” said Whitney Petit, Owner of Changing Focus, an epilepsy awareness blog.

There are more than 65 million people are living with epilepsy around the world, and in the US there are more than 200,000 new cases diagnosed every year according to the Institute of Medicine. That amounts to a new diagnosis every 2.6 minutes. The time is right to shine a spotlight on the possibilities for people living with epilepsy instead of placing limitations on their lives.

As host of the relay, Living Well With Epilepsy encourages anyone who is living with epilepsy, has a loved one, friend or colleague to take a moment to participate by commenting and sharing the individual posts throughout the blog relay. For the full schedule go to:

<http://livingwellwithepilepsy.com/epilepsy-blog-relay-2015>. To follow along you can use the hashtag: #EpilepsyBlogRelay on [Twitter](#) or visit us on Facebook at

<http://facebook.com/livingwellwithepilepsy>.

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### **About Living Well With Epilepsy**

Founded in 2009, [Living Well With Epilepsy](#), is a leading provider of news, personal stories, commentary, interviews, and awareness events for the global epilepsy community.

The site was re-launched with a more robust look and feel just in time for epilepsy awareness month in November of 2012 with the help of the [Wharton School at the University of Pennsylvania](#). This leading epilepsy blog offers insightful coverage addressing the full spectrum of issues faced by people living with all types of seizure disorders. We aim to inspire those living with epilepsy, as well as increase awareness of epilepsy around the world. To learn more, go to:

<http://livingwellwithepilepsy.com>.

### **Contact:**

Jessica Keenan Smith

Founder and Managing Editor

Living Well With Epilepsy

[info@livingwellwithepilepsy.com](mailto:info@livingwellwithepilepsy.com)

(856) 308-5377