



**BC Epilepsy
Society**

E-NEWSLETTER

*Improving lives.
Inspiring courage.*

April 23, 2014

Women and Epilepsy

LECTURE ON TUESDAY, APRIL 29TH

Women and girls with epilepsy have unique health concerns. To address these the BC Epilepsy Society has organized a lecture about women and epilepsy for Tuesday, April 29th.

Dr. Tiffany Townsend, a neurologist who specializes in epilepsy, will be presenting information about:

- Seizures and the menstrual cycle
- The relationship between hormones and seizures
- Catamenial epilepsy
- Contraceptive considerations
- Polycystic ovary syndrome
- Fertility and pregnancy
- Impact of some seizure medications on women
- Vitamin supplementation
- Bone health

This event will take place:

Tuesday, April 29th

7:00 pm - 8:30 pm

Chan Centre for Family Health Education, Room 2108

Children's and Women's Health Centre of BC

4408 Oak Street, Vancouver, BC

This event is \$10 or free with a current BC Epilepsy Society membership.

For more information and to RSVP please contact the BC Epilepsy Society at 604-875-6704 or at info@bcepilepsy.com

6th Annual Cindy's 5K Poker Walk Fund Raiser

SUNDAY, MAY 25TH

Cindy's 5K Poker Walk is an annual fund raiser for the BC Epilepsy Society. On Sunday, May 25th please join us for our 6th annual Walk.

This will start at 8:30 am at the Kerrisdale Arena at 5670 East Boulevard in Vancouver and go through a beautiful historical area of Shaughnessy.

It is a great event for all ages and abilities to socialize, raise awareness, and experience the buoyant spirit of the crowd.

This walk is unique and exciting because of the poker game that is integrated into it. During the walk, participants will collect a playing card at each one kilometre point. At the end of the walk, the best poker hands will win prizes from sponsors.

The registration fee is \$24 before May 18th for an adult and \$21 for people 19 and younger. After May 18th registration is \$29 for an adult and \$26 for people 19 and younger. Registration can be done in person at Running Room stores in the Lower Mainland or [online](#).

Participants and supporters are encouraged to collect pledges to help support the programs and resources of the BC Epilepsy Society. Prizes will be awarded to people who collect more than \$250, \$500, and \$1,000 in donations. [Click here](#) for a pledge form.

If you would like to order a BC Epilepsy Society shirt to wear during the Walk, please email laari@bcepilepsy.com before May 8th.

Our Patron, the honourable Judith Guichon, the Lieutenant Governor of BC, will be participating in the walk. We would be honoured to have your participation as well.

If you are unable to attend, you can sponsor a walker and/or donate to the BC Epilepsy Society through the [Running Room Giving webpage](#).

This walk is part of the Oasis Shaughnessy 8K road race and the 2014 Vancouver Sun Run series.

For more information, please contact Shawn Laari at 604-875-6704 or at laari@bcepilepsy.com

Show Your Support

BECOME A MEMBER

The BC Epilepsy Society brings the voice of our constituency — our members — to community and provincial forums. We also collaborate with other organizations to improve services and to break down the barriers for those living with epilepsy, and their families.

You can help support the work of the BC Epilepsy Society by taking out a membership. Membership is \$10 for an individual or \$50 for an organization. You can now also purchase a multi-year membership. Download the [membership form](#) to mail or fax it to us, or call our office at 604-875-6704 to sign up by phone.

Membership benefits include:

- Free admission to our annual lecture series
- Loaning privileges from our resource library
- Receiving our twice-a-year 12-page newsletter
- Eligibility for post-secondary scholarships
- Access to free tickets for recreational events
- Voting privileges at our Annual General Meeting
- Financial subsidies to accessible kids camps

Most importantly, your membership helps us to better advocate on behalf of individuals and families throughout the province who live with the challenges of epilepsy.

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BC Epilepsy Society

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The BC Epilepsy Society is a non-profit, charitable organization, which provides education, advocacy, and support.