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PRESS RELEASE: CHARITY BIKE RIDE TO RAISE FUNDS FOR THE BC EPILEPSY SOCIETY

The Ride for Epilepsy is a charity bike ride that will be taking place from August 19th to 20th, 2023. Chris Winwood is a cyclist living with epilepsy from Prince George, BC who will be leading a bike ride from Prince George, BC to Jasper, AB. He is passionate about raising awareness and money for epilepsy.

"I want to show people that epilepsy doesn't have to take what you're passionate about away from you and that it isn't out of reach as long as you are smart, safe, and capable of handling the situation and have good people around you to help you when you need it," said Chris.

Chris is generously donating money raised from his ride to the BC Epilepsy Society.

Chris mentioned "I want to raise money for epilepsy in the North and for the North. I want to help create a strong, diverse, and positive community for people with epilepsy so that they can find other people who also have epilepsy and share their stories and learn from one another, find strength in one another, and support one another. I want to create a community to say the things I wasn't told when I started my journey that the life I wanted to live was not out of reach. That I could ride into better tomorrow and I plan on doing that again with this ride and all future rides going forward."

How will your donation help? The BC Epilepsy Society wants to help Chris realize his dream of creating a community and expanding services in the North. Some of their services include:

- Support and outreach for people living with epilepsy and their loved ones;
- Group support, so people living with epilepsy and their loved ones can connect with one other to share stories and helpful tips and tricks;
- The Project UPLIFT program to teach people living with epilepsy skills to improve mental resilience;
- The HOBSCOTCH program to teach people living with epilepsy memory strategies if that is an obstacle;
- The New Diagnosis Program for people with new diagnoses to help find their way; and
- Seizure first aid workshops at schools, workplaces, and other organizations.

Please click [here](#) to donate to the Ride for Epilepsy. If you would like to become a sponsor of the Ride for Epilepsy, please contact Deirdre Syms at deirdre@bcepilepsy.com or at 1-778-533-0790.

We wish Chris the best of luck with the Ride for Epilepsy!

What is Epilepsy?: Epilepsy is a medical condition that results in recurring seizures. A seizure is a sudden, brief, and temporary disturbance of electrical activity in the brain. There are many different kinds of seizures which can alter consciousness, movement, sensation, speech, awareness, and behaviour.

About the BC Epilepsy Society: The BC Epilepsy Society is a provincially incorporated charitable organization and a federally registered non-profit organization that provides information, advocacy, and support to the over 50,000 people living with epilepsy in BC and their families and seeks to raise the awareness of epilepsy. If you would like to learn more about seizures and epilepsy; find out more about the BC Epilepsy Society and the programs and services that we offer; or receive support for yourself or a loved one living with epilepsy, please visit www.bcepilepsy.com or contact us at 604-875-6704 or at info@bcepilepsy.com.

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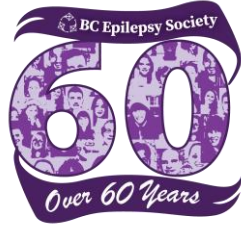


Photo Credit: Taylor McElderry

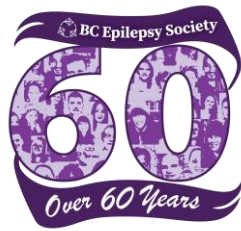


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