

ABOUT EPILEPSY

Epilepsy is a neurological disorder of the brain characterized by two or more unprovoked seizures.

- 1 in 26 people will develop epilepsy
- There are more than 40 types of seizures
- An estimated 60,000 people in our region and 3.4 million in the U.S. have epilepsy



MISSION

We lead the fight to overcome the challenges of living with epilepsy and to accelerate therapies to stop seizures, find cures, and save lives.

SERVICE AREA

We serve Minnesota and eastern North Dakota with staff located in Duluth, Fargo/Moorhead, Rochester, St. Cloud, and the Twin Cities.

*HELPING THOSE WITH EPILEPSY
REALIZE THEIR FULL POTENTIAL*



efmn.org | 800.779.0777

Call 800.332.1000 for after-hours support

Programs & Services



PROGRAMS & SERVICES



TOGETHER WE CAN...

- **EDUCATE** the community about seizures and epilepsy to reduce the stigma
- **CONNECT** people with epilepsy to others and the resources they need
- **EMPOWER** people living with epilepsy

SEIZURE FIRST AID TRAINING

One in 10 people will have a seizure in their lifetime; knowing how to respond is crucial. This FREE training opportunity is available to schools, workplaces, senior serving centers, and other community organizations.

INFORMATION & REFERRAL

I&R services are available 24/7 to help individuals and families navigate the world of epilepsy and connect them to the resources they need throughout their epilepsy journey.

CONNECT GROUPS & EVENTS

Monthly meetings offer people affected by epilepsy a chance to connect, share their experiences, and learn from guest speakers. Adult, youth, and family events are offered throughout the year and across the state.

EDUCATION SERVICES & EXPO

Hear from leading experts in the field of epilepsy at our annual Epilepsy & Seizures Wellness Expo, and at community workshops hosted throughout our service area.

ADVOCACY & AWARENESS

Advocates share their stories with legislators to help inform public policy. Opportunities to raise awareness are available throughout the year.

SEIZURE SMART SCHOOLS

Students, teachers, school nurses, staff, and families come together for seizure education to foster understanding of epilepsy.

CAMP PROGRAMS

Camp Oz offers a traditional camp experience with the security of 24/7 medical staff. Other camps are available throughout our service area so any child or family can experience the magic of camp.

CREATIVE ARTS

The talents of people with epilepsy and their loved ones are featured at art exhibits across the state, culminating in the annual Creative Arts Showcase.

SHINING STARS

The Shining Stars program offers special events and opportunities for children and teens living with epilepsy.

SUPPORT OUR MISSION

- Designate a donation towards a specific program, or honor a loved one with a donation in their name
- Host your own fundraiser, organize a team for our annual walk, or volunteer your time
- Stay informed of upcoming events and the latest epilepsy news by signing up for our monthly e-newsletter

DONATED GOODS

Donations of used clothing and small household items are an important source of income for our programs and services.

Schedule a curbside pick-up or drop off your items at a donation bin near you. Visit efmn.org for more info.