



**The Epilepsy Association of Nova Scotia**  
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Hi,

My name is Cassidy and I am 9 years old but I will be 10 in January. I have Epilepsy and I started Purple Day for Epilepsy last year on March 26<sup>th</sup> to let people know that they aren't alone and how much they can learn about other people with Epilepsy and also about Epilepsy.

I started Purple Day because I want people to know that they are not the only ones with Epilepsy. When I first got Epilepsy I thought I was the only kid with it. I learned that there were a lot of other kids and big people with Epilepsy from all over the world. I also want people to know that there are different types of seizures and not to be afraid of seizures.

I am so happy that last year Purple Day for Epilepsy went really good because so many people supported me and other people with Epilepsy. My mom helped me start a Facebook group and now our Facebook group has people from all over the world. This year I hope to have more support and people involved because I want to make Purple Day for Epilepsy known all over the world. I am already doing things to make Purple Day more famous and popular. I wrote and talked to lots of people, even Robert Munsch.

I am hoping that you will help me and wear purple or lavender on March 26<sup>th</sup> for Purple Day. Lavender is the Epilepsy color.

You can also learn more by going to [www.purpleday.org](http://www.purpleday.org).

Please also join my Facebook group at  
<http://www.facebook.com/group.php?gid=10329539404>.

Thank you,

Cassidy

