



2023  
**UNITED  
IN EPILEPSY**  
Regional Walks



**Rochester**  
Lake Silver, East Shelter

Join us for the 2023 United In Epilepsy Regional Walks as we raise awareness of seizures and support for our family, friends, and neighbors impacted by epilepsy. Mark your calendar, get your team together, and invite your family and friends to walk alongside you. Epilepsy is what unites us, and together we walk in solidarity to build communities where no one journeys alone.

**Thursday, August 10**

**Check-in, Pre-Walk  
Fun, & Walk  
5 pm**



**JOIN THE WALK  
TODAY!**

[efmn.org/walk](https://efmn.org/walk)  
#UnitedInEpilepsy

**Questions?** Contact EFMN at  
[walk@efmn.org](mailto:walk@efmn.org) or 651.287.2300

