

Purple Day® 2026

Light up Purple on March 26 for Epilepsy Awareness



On March 26, communities across the globe recognize Purple Day®, a day dedicated to increasing awareness about epilepsy worldwide.

Epilepsy is a neurological condition characterized by recurrent, unprovoked seizures. **1 in 10** people will have a seizure in their lifetime, and **1 in 26** will develop epilepsy.

Purple Day®, started in 2008 by nine-year-old Cassidy Megan, invites people to **show their support with the color purple on March 26** to raise awareness and remind those impacted by epilepsy that **they are not alone.**

How to participate

Communities are invited to take part in Purple Day® by lighting a building, bridge, monument, sign, or public space purple, whether for the evening, overnight, or any portion of the day on Thursday, March 26, 2026 in support of those impacted by epilepsy.



If you choose to light up for Purple Day®, share your photos with us!

Email photos or a link to marketing@efmn.org, or tag Epilepsy Foundation of Minnesota on social media so we can help spread awareness and celebrate communities joining the effort.

About Epilepsy Foundation of Minnesota

The Epilepsy Foundation of Minnesota (EFMN) works to improve the lives of people impacted by epilepsy through education, advocacy, connection to care, and support so that no one faces epilepsy alone.

Purple Day® is one of the ways we help bring visibility to epilepsy across Minnesota communities.



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