



**November is National Epilepsy Awareness Month  
It's Time to *Talk About It!***



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**FOR IMMEDIATE RELEASE**

**Abilities Network/ Epilepsy Foundation of the Chesapeake Region  
Commemorates National Epilepsy Awareness Month**

Towson, MD (11/10/2009) — In celebration of National Epilepsy Awareness Month, this November, Abilities Network/ Epilepsy Foundation of the Chesapeake Region (EFCR) is leading local efforts in a national movement to raise awareness and educate people about epilepsy.

Abilities Network/ EFCR will host Dining to Donate Days at participating Applebee's and CiCi's throughout Maryland to encourage people to talk about epilepsy. Mary Wontrop, Education Coordinator said, "The campaign, Talk About It!, is a great way to get people to start paying attention to epilepsy! Talking about it more, will hopefully increase awareness and lessen the stigma associated with it."

*Talk About It!*, this year's National Epilepsy Awareness Month theme, coincides with the newly-launched <http://www.talkaboutit.org>, which was designed to empower people with epilepsy and encourage the general population to dispel myths and better understand the condition. The site features Greg Grunberg from NBC's *Heroes* and a host of celebrities from television, film and music. All have joined Greg, the father of a child with epilepsy, in his efforts to support Epilepsy Foundation's mission.

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“I came up with the idea to do this because I saw such a tremendous need for it,” said Grunberg.

“I kept hearing the underlying theme of ‘if we could just get people to talk about it,’ so

I created this site and asked all my friends to help so we can work together to get the conversation going.”

In 1969, November was declared National Epilepsy Awareness Month as a part of a nationwide epilepsy public education campaign. Since that date, the observance has been recognized in most years by a White House message from the President. In 2003, the U.S. Congress passed a formal resolution declaring November as National Epilepsy Awareness Month.

Abilities Network/ Epilepsy Foundation of the Chesapeake Region is one of the more than 50 local affiliates across the country working in conjunction with the Epilepsy Foundation national office ([www.epilepsyfoundation.org](http://www.epilepsyfoundation.org)) to improve the lives of millions of people in hundreds of communities. Through educational programs, state and federal advocacy, summer camps, employment services and legal support, Epilepsy Foundation affiliates ensure that people with seizures are able to participate in all life experiences

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