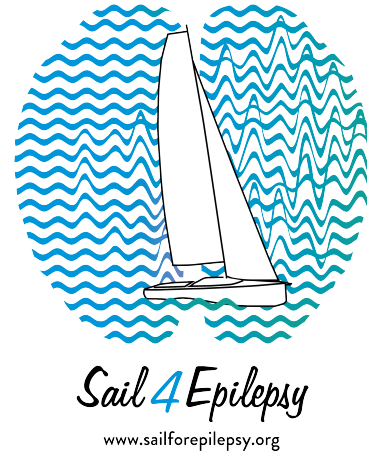


May 2022

FOR IMMEDIATE RELEASE

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Partnerships in Portugal

Lisbon, Portugal - Sail For Epilepsy is thrilled to be working with the Portuguese League Against Epilepsy (LPCE) for three of our port stop events while in Portugal. This private, non-profit association is a chapter of the International League Against Epilepsy and brings together professionals from a variety of scientific and medical backgrounds with the common goal of improving the health care provided to people with epilepsy in Portugal. To this end, the LPCE seeks to disseminate knowledge and resources on epilepsy, promote scientific research, and facilitate the exchange of knowledge and experience among its members, as well as its international partners.

These objectives align well with part of the mission of Sail For Epilepsy: to raise awareness about epilepsy and educate the general public. LPCE and Sail For Epilepsy will invite members of the local epilepsy community, medical professionals, scientists, and anyone who is interested in a sailing adventure to events in Porto, Lisbon, and another location in southern Portugal during the last two weeks of July. We will also have a two day event in Aveiro, hosted by three local organizations, with support from LPCE.

“We’re really enjoying working with the LPCE to understand the challenges the local epilepsy community faces, as well as learning how the ILAE is working internationally to advance support and treatment for people with epilepsy. I am sure that the strong connections we have formed in Portugal will outlast the voyage and I look forward to continuing these international collaborations.” – Phil Haydon, President of Sail For Epilepsy

These events will follow a similar format to events that Sail For Epilepsy held along the east coast of the United States in the summer of 2021. Afternoon events focusing on empowering family-friendly nautical activities for all ages and abilities will also provide an opportunity to meet Phil and learn about his journey with epilepsy and strategies that he has used to overcome adversity. These occasions will foster new connections within the local epilepsy community for attendees.

Evening events during these port stops will give the general public a chance to hear about Phil’s perseverance to overcome a life-long disorder and his resulting career as an internationally recognized neuroscientist. He’ll also discuss the adventure of the sailing voyage across the Atlantic Ocean that will take place in May and June, prior to his arrival in Porto.

To close events, Phil challenges the participants to take the One More Step Challenge in a group activity, a signature feature of the Sail For Epilepsy program. Attendees are encouraged to identify something that they can do to live a fuller life. Participation in the Challenge results in becoming a Virtual Shipmate. The first names of all Virtual Shipmates are added to the Sail For Epilepsy boat so Virtual Shipmates can sail the oceans of the world. Phil will feature select Virtual Shipmates in videos and connect live with Shipmates while offshore to learn about their epilepsy journey.

“We look forward to meeting Phil Haydon and the Sail For Epilepsy Team, this summer in Portugal. We want this project to raise public awareness about Epilepsy and encourage People with Epilepsy to take a further step, toward

living their fullest life possible, with all the safety measures. We are quite sure that participation in Sail For Epilepsy activities will inspire People with Epilepsy in their own personal voyages. And, if a *journey of a thousand miles always starts with a single step*, just take this step and get involved in the challenge!” – Carla Bentes, President of LPCE.

To learn more about these events, please visit <https://epilepsia.pt/sail-for-epilepsy/> and follow on social media.

About Sail For Epilepsy

Phil Haydon is an internationally recognized neuroscientist, and the Annetta and Gustav Grisard Professor and Chair of the Department of Neuroscience at Tufts University School of Medicine, Boston MA. He runs an active laboratory researching a multitude of neurological disorders, including epilepsy. An avid sailor and president of Sail For Epilepsy, Phil is on a mission to inspire people with epilepsy, their families, and their caregivers to take One More Step towards living a fuller life, with the necessary safety measures in place.

A portion of all funds donated to the Sail For Epilepsy program will flow through to their partners, Tufts University School of Medicine and Epilepsy Foundation New England, to support research and community outreach programs. The balance will be used to support the Sail For Epilepsy mission. At the conclusion of the multi-year program, all assets will be sold and all funds will be donated to Sail For Epilepsy’s nonprofit partners.

Sail For Epilepsy Mission: To inspire people with epilepsy to take One More Step towards living a fuller life. Additionally, Sail For Epilepsy will sail the oceans of the world to raise funds to support research for a cure and promote awareness of epilepsy and educate the public.

Sail For Epilepsy is a 501(c)3 organization. For more information, please visit www.sailforepilepsy.org.

About the Portuguese League Against Epilepsy

The Portuguese League Against Epilepsy (LPCE) is a private non-profit association of a technical and scientific nature, which brings together technicians from various fields, motivated to improve the health care provided to people with epilepsy in Portugal.

LPCE seeks to disseminate knowledge and resources on epilepsy, promote scientific production and facilitate the exchange of knowledge and experiences among its members, as well as with its international partners. It organizes the annual National Meeting of Epileptology, which aims to bring together and stimulate national scientific production in clinical and basic research, and also serves as a training platform and meeting place for clinicians, researchers, and technicians involved in this area.

LPCE also seeks to play an active role in the definition of health policies that recognize the impact of epilepsy and provide access to dignified and qualified health care for people with epilepsy. It is also the LPCE’s mission to promote activities that raise awareness about epilepsy and educate the general public, such as educational activities in schools. The LPCE has 3 regional centers: North (in Oporto), Center (in Coimbra), and South and Islands (in Lisbon), which serve as information centers for epilepsy-related matters.

For more information, please visit: www.epilepsia.pt

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