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## The Global Voyage for Epilepsy Crosses the Atlantic

Boston, MA - Phil Haydon, PhD, an internationally-recognized neuroscientist, continues on a mission to sail the oceans of the world. Haydon has medically controlled post-traumatic epilepsy and seeks to inspire others affected by epilepsy to take One More Step towards achieving a fuller life. Additional goals include promoting awareness of epilepsy and educating the general public. The second leg of this multi-year global voyage will begin in mid-May with S/V *Ingwe* departing Fort Lauderdale, Florida on the Atlantic Crossing Adventure.

The first leg of the global voyage, the East Coast Expedition, was completed in summer 2021 with a nearly 2,000 nautical mile round trip out of Portsmouth, RI and included port stop events in five ports along the east coast of the United States.

While sailing, Phil and his small crew will be connecting via live video with people living with epilepsy and hosting Q&As on social media. They will post blogs, photos, and videos to the Sail For Epilepsy website and social media channels. A boat tracker, sending hourly position updates, is available on the Sail For Epilepsy website as well.

During port stops in the Azores, Portugal, Morocco, the Canary Islands, and Cape Verde, Sail For Epilepsy will hold outreach events to connect with the local community. Sail For Epilepsy will be hosted by a number of groups during the six-month voyage including the Portuguese League Against Epilepsy, a chapter of the International League Against Epilepsy.

At each port stop, the Sail For Epilepsy team alongside local hosts will provide empowering family-friendly nautical activities designed for all ages and abilities. People with epilepsy, their families, and their caregivers will learn to tie knots, learn how the stars can be used for navigation, help make a flag that will be flown during future voyages, and make connections within their local epilepsy community. Phil will also share his journey with post-traumatic epilepsy and the inspiring stories of some Sail For Epilepsy Virtual Shipmates. Virtual Shipmates are individuals affected by epilepsy who have signed up for the One More Step Challenge by committing to do something to improve their quality of life.

When he casts off, Phil will be sailing for more than himself. He is sailing for anyone else with epilepsy, their families, their caregivers, and *anyone* who has decided to take an extra step to live a fuller life. He also sails for those who have been lost as a result of epilepsy, to honor their memory and to raise funds for research, so that a future generation of people with epilepsy will have better seizure control.

Phil and his crew will return back across the Atlantic to the Caribbean in late fall after sailing over 10,000 nautical miles.

### **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. 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](http://www.sailforepilepsy.org).

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