

Be a **TEAM** player



**International Epilepsy Day
is on February 11th.**

Get in training now to be seizure aware.

- T** TAKE CARE TO PROTECT THE PERSON
- E** ENSURE YOU STAY WITH THEM
- A** ALLOW THE SEIZURE TO RUN ITS COURSE
- M** MOVE THE PERSON ONTO THEIR SIDE

For the full game-plan visit
Epilepsy Ireland at epilepsy.ie

Joe Schmidt Ireland Rugby Head Coach



**International
Epilepsy Day**
February 11th 2019



249 Crumlin Road, Dublin 12.
Call **01 455 7500**,
e-mail info@epilepsy.ie
or visit **epilepsy.ie**
Registered Charity
Number (RCN): 20010553

