

# Cutting for a Cause: Alex's Bold Move to Empower People with Epilepsy

Alex may have epilepsy, but that hasn't stopped him from chasing his dreams. With determination and heart, he's built an inclusive gym and personal training service to help people of all abilities feel stronger, healthier, and more confident.

This Purple Day (March 26th), Alex is taking a bold step to make an even bigger impact. For years, he's been growing his "luscious locks," but now he's ready to let them go. In a powerful show of solidarity, he'll cut off his hair to raise funds and awareness for the epilepsy community – a cause that's deeply personal to him.

"I've lived with epilepsy for 25 years, and I know firsthand the challenges it brings," Alex shares. "That's why I'm so passionate about raising funds for Epilepsy New Zealand. They provide life-changing support, education, and advocacy for people like me. But I also want to do more. I want to offer specialised personal training programmes for individuals with epilepsy, helping them build strength, confidence, and a sense of empowerment."

The funds raised from Alex's haircut will be split between Epilepsy New Zealand and his mission to make personal training more accessible for those with epilepsy. He dreams of a world where everyone, regardless of their diagnosis, can experience the physical and mental benefits of exercise in a safe, supportive environment.

By parting with his hair, Alex hopes to spark conversations and break down stigmas surrounding epilepsy. He wants the world to see that epilepsy doesn't define a person – strength, courage, and determination do.

Every dollar raised will make a difference. Your support will help fund vital services and create inclusive fitness opportunities for people living with epilepsy.

If you'd like to be part of Alex's journey, visit his [Givealittle page](#) to donate. You can also help by sharing his story with others.

Together, we can stand strong with the epilepsy community, raise awareness, and create a world where everyone has the chance to thrive.

Thank you, Alex, for being such an incredible supporter!



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