

FreshFM Spotlight: Raising Awareness for Epilepsy

Nelson Educator Theresa recently joined Delana on FreshFM for a meaningful and engaging interview, where they spoke about epilepsy, the work of Epilepsy NZ, and the importance of Purple Day. With Delana sharing her lived experience of epilepsy, the conversation offered both personal insight and practical information, helping to raise awareness, break down stigma, and highlight the support available for those living with epilepsy and their whānau.

Click here to listen. [Community Conversations](#)



0800 37 45 37



national@epilepsy.org.nz



www.epilepsy.org.nz