



TELL EPILEPSY TO

GET MUCKED

PURPLE MUCK CHALLENGE

A FUN WAY TO GET INVOLVED IN MAKE MARCH PURPLE IS BY PARTICIPATING IN THE PURPLE MUCK CHALLENGE. GET DRENCHED IN PURPLE MUCK TO RAISE AWARENESS FOR EPILEPSY.

YOU WILL NEED:

- 1. A BUCKET**
- 2. FLOUR (1KG WILL FILL HALF A BUCKET)**
- 3. BABY SHAMPOO (500ML)**
- 4. PURPLE FOOD COLOURING (OR MIX BLUE AND RED)**
- 5. WATER (ADD TO GET DESIRED CONSISTENCY)**

INSTRUCTIONS:

- 1. COMBINE THE FLOUR AND BABY SHAMPOO FIRST, SLOWLY ADDING WATER UNTIL YOU REACH YOUR DESIRED CONSISTENCY.**
- 2. ADD PURPLE FOOD COLOURING UNTIL YOU GET YOUR FAVOURITE SHADE OF PURPLE.**
- 3. NOW YOU'RE READY TO GET MUCKED!**

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#GETMUCKEDEPILEPSY #MUCKMEFOREPILEPSY

**MAKE MARCH
PURPLE
FOR EPILEPSY**

 **EPILEPSY
FOUNDATION**

60
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