



# **S.M.A.R.T. Program**

## **Managing Life with Epilepsy:**

### **An 8-Week Virtual Course**

Are you an adult living with epilepsy or do you know someone who is? Would you like to learn some strategies to help improve your quality of life? Epilepsy Alliance Ohio is holding a virtual 8-week, one hour per week, class for adults with epilepsy focused on practical strategies for managing both physical and emotional well-being.

Each week, the group leaders highlight different topics in wellness for epilepsy. Participants have an opportunity to share their experiences living with epilepsy and learn from each other. Groups will be limited to 10 participants. Participation is free of charge. Sessions are held every Tuesday beginning April 30, 2024 to June 18, 2024.

**First Session Begins: Tuesday, April 30, 2024**

**Last Session: Tuesday, June 18, 2024**

**Time: 5:30 pm—6:30 pm**

To enroll in this session, please register on line on our website at [www.https://www.epilepsy-ohio.org/smart-program/](https://www.epilepsy-ohio.org/smart-program/) or contact patty at 513-721-2905 or [patty.trotta@epilepsy-ohio.org](mailto:patty.trotta@epilepsy-ohio.org)

