



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 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. The program involves educational and behavioral interventions intended to enhance epilepsy self-management.

Each week, the group leaders, which include a nurse and a trained peer educator, 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 at 3 PM beginning September 24, 2024 to November 12, 2024. **This session will focus on adults age 18-35**

First Session Begins: Tuesday, September 24, 2024

Last Session: Tuesday, November 12, 2024

Time: 3:00 pm — 4:00 pm

To enroll in this session, please register on our website at <https://www.epilepsy-ohio.org/smart-program/> or contact Patty at 513-721-2905 or patty.trotta@epilepsy-ohio.org