

# LEARNING EPILEPSY SELF- MANAGEMENT SKILLS

Epilepsy Association is teaming up with Case Western Reserve University to help individuals with epilepsy learn about how to best take care of their physical , mental and emotional health.



## WHAT'S INVOLVED?

8-10 educational group sessions and visits over a period of 2-4 months

## WHO CAN PARTICIPATE?

You may be able to join the project if you are:

- 18 years of age or older
- living or residing in the Cleveland/ Northeast Ohio area
- diagnosed with epilepsy

*If you are interested in finding out more about the study, please call Epilepsy Association's Director of Community Programming, Nicole Richter, at (216) 579-1330.*



**Epilepsy Association**

Serving individuals in Northeast Ohio  
with seizure disorders