Managing Life with Epilepsy: An 8-Week Course

This 8-week, evidence-based course (SMART) was designed by researchers at Case Western Reserve University and focuses on helping adults with epilepsy feel more confident in coping with and managing their physical and emotional health. Each week, participants meet virtually as a small group to discuss different topics in epilepsy self-management.

This course is held via Zoom or by phone, and you will receive a participant manual to help you follow along weekly. The weekly groups are led by a trained nurse educator and peer educator and also provides follow-up upon conclusion of the group to help address any questions/concerns.

The next session will begin on

Wednesday, March 3, 2021 at 1:00 PM.

To enroll in this session, please contact Nicole Richter at (216) 579-1330 or nrichter@epilepsyinfo.org