



Change The Conversation

SUPPORT GROUPS

Empowering Epilepsy Support Groups with Yoga (note two different locations)

Join us for our Empowering Epilepsy Support Groups. From 7:00 - 7:45, meet others who understand epilepsy, learn strategies to manage your seizures and make new friends. Then, from 7:45 - 8:45, enjoy Empowering Epilepsy Yoga led by Ella Arieta. Help lessen your seizures, restore balance to your body and metabolic system and reduce stress. Wear comfortable clothing. It is recommended that if you will participate in yoga to not eat anything after 4:15 p.m.

Monday, October 5 from 7:00 - 9:00 p.m. - *Solon Library Meeting Room*

Monday, December 7 from 7:00 - 9:00 p.m. - *Beachwood Library Auditorium*

People with Epilepsy Support Groups with Yoga

Monday, November 2 from 7:00 - 9:00 p.m.

Beachwood Library, Meeting Room B

Monday, January 4 from 7:00 - 9:00 p.m.

Beachwood Library, Meeting Room B

Parents of Children with Epilepsy Support Groups

Monday, Sept. 21 from 7:00 - 9:00 p.m.

Beachwood Library Auditorium

Monday, November 9 from 7:00 - 9:00 p.m.

Beachwood Library, Meeting Room B

Monday, January 11 from 7:00 - 9:00 p.m.

Beachwood Library, Meeting Room B

www.empoweringepilepsy.org

FOR MORE INFORMATION CONTACT Leigh Goldie • 440-248-6158 • leigh@empoweringepilepsy.org