



Please join us for our Empowering
Epilepsy Support Groups with

EMPOWERING EPILEPSY YOGA

in Beachwood at the
Beachwood Public Library
25001 Shaker Boulevard
Beachwood, Ohio 44122

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 Restorative Yoga. This helps reduce stress, restore your body and metabolic system and lessen seizures. Wear comfortable clothing. Food will be provided and the event is free. Open to anyone who understands epilepsy.

MEETING DATES:

MONDAY, JANUARY 9 FROM 7 - 9 P.M.

MONDAY, FEBRUARY 6 FROM 7 - 9 P.M.

MONDAY, MARCH 6 FROM 7 - 9 P.M.

MONDAY, APRIL 3 FROM 7 - 9 P.M.

MONDAY, MAY 1 FROM 7 - 9 P.M.

MONDAY, JUNE 12 FROM 7 - 9 P.M.

FOR MORE INFORMATION CONTACT

Leigh Goldie • 440-248-6158 • leigh@empoweringepilepsy.org

VISIT - [HTTP://EMPOWERINGEPILEPSY.ORG](http://EMPOWERINGEPILEPSY.ORG) OR WWW.FACEBOOK.COM/EMPOWERINGEPILEPSY