

The Update



April 2026

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.

If are interested and would like to participate, please sign up and select waiting list, and we will notify you of future groups.

**Our Next Group is: April 14, 2026 – June 9, 2026
Tuesdays from 3:30 PM – 4:30 PM**

Registration: [Click Here For On-Line Registration](#)

For more information, contact patty at 513-721-2905 or patty.trotta@epilepsy-ohio.org



Emerald Miles 2026 is in the books!
Thank you to all of our sponsors and all of those who came out to run or walk. Click [HERE](#) to see your pics!



LAGER HOUSE
— CINCINNATI —



Please join us in welcoming Joshua Anderson to the Epilepsy Alliance Ohio team!

Josh is the new Program Manager in Columbus alongside our Community Engagement Manager, Lauren Cooper.

Josh can be reached at (614) 725-1031 and joshua.anderson@epilepsy-ohio.org
We are so excited to have him join our team!

Notes

Columbus In-Person support groups are held at Dempsey Family Education and Resource Center in the Neuroscience Tower at Riverside Methodist Hospital located at 3535 Olentangy River Road Columbus Ohio 43214. Park in the red parking lot, parking passes will be provided.

Cincinnati In-Person support groups are held at the Mason Community Center, Senior Center, 6050 Mason-Montgomery Rd., Mason, OH 45040

If you would like to attend more support groups or can't make our times, check out <https://epilepsyallianceamerica.org/events/list/> for other specific support groups, events, and more!

This month's CEU Training Seminar is titled: "EMDR & Hypnotherapy" Presented by Chris Tuell, Ed.D., LPCC-S, LICDS-CS, Clinical Psychotherapist, Lindner Center of Hope

- Cincinnati In-Person Support Group
- Columbus In-Person Support Group
- Virtual Support Group
- CEU Seminar
- Camp Flame Catcher

April

20 | 26 | Monthly Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 6:00pm-7:30pm	2	3	4
5	6	7 Men's 5:00pm-6:00pm	8 5:30pm-7:00pm	9	10 Camp Flame Catcher	11 Camp Flame Catcher
12 Camp Flame Catcher	13	14	15 Adult's 5:30pm-6:30pm	16	17	18
19	20	21	22 Parent's 5:30pm-6:30pm	23	24	25
26	27	28	29	30 Seminar 9:00am		

Save the Dates
Camp Flame Catcher - April 10-12 - Warren County
SMART - April 14 to June 9 - Virtual
Taylor Huth Golf - June 12 - Cincinnati
Camp Flame Catcher - July 12-16 - Warren County

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Mission Statement:

Epilepsy Alliance Ohio is dedicated to supporting those in our communities impacted by epilepsy by confronting the spectrum of challenges created by seizures.