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.

Next Sessions are :

1. February 9, 2027 through March 30, 2027

2. August 10, 2027 through September 28, 2027

Tuesdays, 3:30 PM—4:30 PM

To enroll in this session, please register on our website at https://www.epilepsy-ohio.org/smart-program/ or contact Patty at 513-721-2905 or patty.trotta@epilepsy-ohio.org