



PACES

in Epilepsy

PACES is an eight-session self-management program for adults living with epilepsy. Participants will develop coping and goal-setting strategies to improve quality of life, self-efficacy, anxiety and depression.

WEDNESDAYS, OCTOBER 13 – DECEMBER 8
6:30 - 7:30 PM

"It has been great to have weekly chats and connect with like-minded people, who aren't just sympathetic to epilepsy but are empathetic and relatable."

- Hannah W.

TOPICS INCLUDE

- Epilepsy and Medical Issues
- Dealing with Stress & the Blues
- Compensating for Cognitive Challenges
- Getting the Most Out of Community Living
- Managing Your Epilepsy Care
- Effective Communications
- Your Health and Well Being

Contact Larissa Grammer to learn if this program is right for you!

larissa@epilepsycolorado.or or
303-502-5979



EPILEPSY
FOUNDATION[®]
COLORADO & WYOMING