

**NEW**



# ***Self Management Programme***

*Be your own epilepsy expert*

**Sharing Experiences  
Interactive Group Environment  
Peer Learning  
12 Regional Locations**

 [www.facebook.com/epilepsy.ie](https://www.facebook.com/epilepsy.ie)

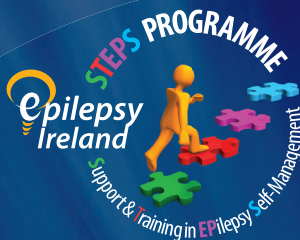
 [@epilepsyireland](https://twitter.com/epilepsyireland)

**Email:** [info@epilepsy.ie](mailto:info@epilepsy.ie)

[www.epilepsy.ie](http://www.epilepsy.ie)

**Head Office:** (01) 4557500

**CHY number:** 6170



## THE PROGRAMME INCLUDES

---

- Understanding self management
  - Life with epilepsy
  - Understanding medical care
  - Managing seizure triggers
  - Lifestyle and safety
  - Using support systems
  - Developing communication skills
  - Managing emotions
  - Understanding diet, exercise and sleep
  - Stress management tools
  - Building self confidence
  - Managing negative thinking
  - Future life planning
- 

### LOCAL CONTACT DETAILS