

**NEW**



# *Self Management Programme*

*Be your own epilepsy expert*

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

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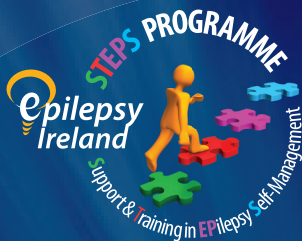
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## THE PROGRAMME INCLUDES

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- 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
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### LOCAL CONTACT DETAILS