



Better Sleep for a Better Life with Epilepsy.

Date: Thursday, April 3rd

Time: 5:30pm - 7:00pm

Presenter: Carl W. Bazil, MD, Ph.D.

*Mindfulness Workshop:
Relieving Stress, Finding Joy.*

Date: Thursday, April 24th

Time: 5:30pm - 7:00pm

Presenter: Amy Gross, Teacher, Mindfulness-Based Stress Reduction

*What Are Some of the Medical Concerns Unique to Epilepsy, and
How Can They Be Treated?*

Date: Thursday, May 29th

Time: 5:30pm - 7:00pm

Presenter: Shahin Nouri, MD

Brain Food 101: How to Eat to Feed the Brain.

Date: Monday, June 23rd

Time: 5:30pm - 7:00pm

Presenter: Drew Ramsey, MD

Location: Weill Cornell Medical College
Room A-126
1300 York Avenue (at 69th Street)

To RSVP, or for more information, please call: 212.746.2471

All **COPE** programs are **FREE** and open to individuals living with epilepsy, and their care partners.



Weill Cornell Medical College

NewYork-Presbyterian
Lower Manhattan Hospital

COLUMBIA UNIVERSITY
IN THE CITY OF NEW YORK

