

Here's what people  
say about EFMN's  
education services:

*"I have always thought it was  
unfortunate how little is known  
about epilepsy by the general  
public. It is for this reason that I  
applaud the efforts of EFMN and  
their efforts in education."*

*"Very informative. We come as a  
group of R.N.'s from around the  
state and meet. Always a good  
learning experience."*

*"Epilepsy can affect anyone at  
anytime. It is valuable for people  
to understand that epilepsy  
should not be feared or hidden.  
With more education, the  
stigma associated with epilepsy  
diminishes."*

Presented by:



**EPILEPSY  
FOUNDATION**  
Minnesota

# EPILEPSY & SEIZURES *Wellness Expo*

**Saturday, April 16 from 9 AM – 3 PM**  
Minneapolis Convention Center

Don't miss this first-ever expo with expert speakers,  
wellness exhibitors and customized resources to help  
people rise above seizures!

Pick the track that best suits you to get customized  
resources:

- Newly-diagnosed
- Parents of school age children
- Adults with epilepsy
- Caregivers of older adults

Register at **efmn.org**  
or call **800.779.0777**

# A Smarter Approach \_\_\_\_\_ to \_\_\_\_\_ Brain Treatment.

Mayo Clinic's expert neurologists and neurosurgeons take as much time as necessary to listen to every symptom and concern a patient has before making a diagnosis and designing a personalized treatment plan. Because we can't treat you right if we don't understand what's wrong. Discover how we can help you.

Make your appointment at [mayoclinic.org](http://mayoclinic.org).



Phoenix / Scottsdale, Arizona | Rochester, Minnesota | Jacksonville, Florida

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Bring your friends and family to get **connected** to custom resources and other people who **rise above** seizures!

## Greetings

EFMN is proud to collaborate with Premier education sponsor Mayo Clinic and Signature education sponsors Gillette Children's Specialty Healthcare, LivaNova, M Health/MINCEP Epilepsy Care, Minnesota Epilepsy Group and UCB, Inc. to bring you the first-ever Epilepsy & Seizures Wellness Expo.

The day is **designed to be flexible** to meet the needs of people with limited time, transportation issues, and at various stages in their epilepsy journey.

**It's about customization!** Pick the track that best suits you to get customized resources. We gathered an array of exhibitors to support people with seizures, ranging from the Autism Society of MN, to Delta Dental, the MN Department of Health and more.

**Bring the whole family** – our FREE kid's corner has art activities, a juggler, balloon artist and scavenger hunt! The expo is just \$20 for individuals and \$40 for families: take advantage of early bird registration by March 15 and we'll waive your fees.

In addition to getting resources, we want you to know **you're not alone**. EFMN served over 150,000 people last year and is here to help people rise above seizures.

See you on April 16!



Vicki Kopplin  
Executive Director

Register at **efmn.org** or call **800.779.0777**



Design your day to meet your needs and get resources that matter to you!  
Come for an hour or stay for the day!

# Main Stage Schedule

9:30-10:00 AM

## “Rise Above Challenges - Be a Victor not a Victim!”

Bob Bardwell is a 100-time wheelchair marathoner and inspires people with his message of perseverance and courage.

11:30 AM-12:00 PM

## The anti-seizure diet – a Ketogenic cooking demonstration

A nutritionist from Gillette Children's Specialty Healthcare illuminates the diet Dr. Russell Wilder designed 92 years ago.

10:30-11:00 AM

## An “up-to-date” update on MN medical cannabis

Michelle Larson is the director of the Office of Medical Cannabis, overseeing both the state registry and two manufacturers.

1:00-1:30 PM

## What is Epilepsy Surgery?

Dr. Nicholas Wetjen, Mayo Clinic Pediatric Neurosurgeon, explains what types of surgical options are available.

Between main stage presentations, you're invited to follow track **schedules** and visit exhibitors. Check your expo bag for a map of exhibitors and scavenger **hunt**!

Premier Sponsor



Signature Sponsors



Register at [efmn.org](http://efmn.org) or call **800.779.0777**

# Sessions At-A-Glance

## 10:00-10:30 AM

1. Peer support from others facing similar challenges
2. VNS Therapy®: patient & caregiver perspectives
3. Success in school for kids with seizures
4. Moods, behavior & memory with epilepsy

## 11:00-11:30 AM

1. Is my child a surgery candidate
2. How is epilepsy diagnosed
3. VNS Therapy®: when medications fail
4. SUDEP: what to know

## 2:00-2:30 PM

1. Peer support from others facing similar challenges
2. Everyday changes to improve wellness
3. Medications side effects: when to speak up
4. Preventing seizures and strokes

## Connecting with patients

At UCB, everything we do starts with a simple question: "How will this make a difference to the lives of people living with severe diseases?"

UCB is committed to advancing research to improve the lives of those living with epilepsy. And we are proud to support the Epilepsy Foundation of Minnesota in its efforts to lead the fight to stop seizures, find a cure and help overcome the challenges created by epilepsy.



LaKeisha, living with epilepsy





Select the track that best suits your needs to attend these sessions between main stage presentations.

## Track One: Newly-Diagnosed

**10:00-10:30 AM**

Mayo Clinic's Lee Aase shares tips on finding peer support from others facing similar challenges via Mayo Clinic Connect online.

**11:00-11:30 AM**

An expert from the MN Epilepsy Group explains how epilepsy is diagnosed and what questions to ask at the start of an epilepsy journey.

**2:00-2:30 PM**

Medication side effects are often cited as a chief concern of having epilepsy. An expert from the MN Epilepsy Group tells parents when to speak up and what options you have.

## Track Two: Parents Of School Age Children

**10:00-10:30 AM**

Donna McKenny, Centennial District's Nurse, gives parents resources to help kids with seizures be successful in school.

**11:00-11:30 AM**

Dr. Nicholas Wetjen, Mayo Clinic Pediatric Neurosurgeon answers the questions, "Is my child a surgery candidate? What do I need to know?"

**2:00-2:30 PM**

Gillette Children's Specialty Healthcare's Pediatric Neurologist Dr. Tim Feyma shares small, everyday changes people with epilepsy can make to improve overall wellness.

Register at [efmn.org](http://efmn.org) or call **800.779.0777**

## Track Three: Adults With Epilepsy

**10:00-10:30 AM**

When medications aren't enough, other therapies present possibilities. Hear both patient and caregiver perspectives on living life to the fullest with VNS Therapy®.

**11:00-11:30 AM**

Dr. Thaddeus Walczak from M Health/MINCEP Epilepsy Care shares what you need to know about Sudden Unexplained Death in Epilepsy (SUDEP).

**2:00-2:30 PM**

Mayo Clinic's Lee Aase shares tips on finding peer support from others facing similar challenges via Mayo Clinic Connect online.

## Track Four: Caregivers Of Older Adults

**10:00-10:30 AM**

Epilepsy can affect moods, behaviors and memory. Dr. Ilo Leppik from M Health/MINCEP Epilepsy Care discusses why these changes happen and how to navigate them.

**11:00-11:30 AM**

Have you failed medications? Hear from a neurosurgeon about VNS Therapy®, a treatment designed for drug-resistant seizures.

**2:00-2:30 PM**

Zach Tubbs, MN Stroke Association, shares information on preventing strokes and their relation to seizures in older adult populations.

### Main Stage Schedule

**9:30-10:00 AM**

"Rise Above Challenges - Be a Victor not a Victim!"

**10:30-11:00 AM**

An "up-to-date" update on MN medical cannabis

**11:30 AM-12:00 PM**

The anti-seizure diet – a Ketogenic cooking demonstration

**1:00-1:30 PM**

What is Epilepsy Surgery?

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# Top Five Reasons To Attend The Expo

## 1. Affordable Access To Customized Resources.

The expo is just \$20 for individuals and \$40 for families; take advantage of early bird registration by March 15 and we'll waive your fees.

## 2. Epilepsy Experts Under One Roof.

It's hard to know where to turn for resources outside your doctor's office; talk with dozens of experts in the field of epilepsy in one day!

## 3. The Latest Treatment Options.

Whether it's medical cannabis, VNS Therapy®, new medications and more - learn about cutting-edge treatments aimed at seizure control.

## 4. Bring The Family!

Kids are welcome at the expo and can keep busy with art projects, a juggler, balloon artist and scavenger hunt (10 am - 1 pm).

## 5. Come For An Hour Or Stay For The Day.

Our a la carte expo design makes it easy to get the resources of interest to you and fit into your busy schedule.

### NORAN NEUROLOGICAL CLINIC



Compassionate, Comprehensive, Personalized Care.

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Noran Neurological Clinic provides adult and pediatric neurology, sleep studies, infusion and imaging services.

Specialists in the diagnosis and treatment of...

- Epilepsy/Seizures
- Headache/Migraine
- Head Injury/Concussion
- Neck/Back Pain
- Sleep Disorders
- Numbness
- Parkinson's Disease
- Alzheimer's Disease
- Multiple Sclerosis
- ALS
- Stroke
- Other Neurological Disorders

*Proud supporter of the Epilepsy Foundation of Minnesota*

### Better Health Through Oral Health

The health of our teeth, gums and mouth is connected to our overall health. In fact, over 120 medical conditions can be detected in your mouth.

Learn more about how to improve your health at  
**DeltaDentalMN.org**



**DELTA DENTAL**

Delta Dental of Minnesota

Register at **efmn.org** or call **800.779.0777**





## Celebrating Epilepsy Foundation of Minnesota's outstanding work in the community

We're proud to support an organization that expands opportunities and enhances the quality of life of adults and children.

MINCEP® is one of the most respected comprehensive seizure centers in the country, dedicated to improving lives since 1964.

We provide high-quality care and access to the leading-edge treatments and specialists of University of Minnesota Health.

[mhealth.org/epilepsy](http://mhealth.org/epilepsy)

The University of Minnesota Health brand represents a collaboration between University of Minnesota Physicians and University of Minnesota Medical Center.

University of Minnesota Physicians  
MINCEP® Epilepsy Care  
has four locations:

**St. Louis Park**

5775 Wayzata Blvd., Suite 255

**Minneapolis**

NEW Clinics and Surgery Center  
909 Fulton St. SE

**St. Paul**

360 Sherman St., Suite 350

**Maple Grove**

14500 99th Ave. N

**952-525-4500**

800-359-4477



# One Focus

*Providing the highest level of comprehensive epilepsy care - for life.*



Bring your friends and family to get **connected** to custom resources and other people who **rise above** seizures!

## Getting to the Expo

### Parking

Parking is available in a number of nearby ramps. Typical rates are \$3-4/hour with a daily rate of \$8-10. Visit [minneapolis.org/minneapolis-convention-center](http://minneapolis.org/minneapolis-convention-center) for details and check out [parkingpanda.com](http://parkingpanda.com) to reserve a parking space in advance of the event (use code **MEETMINNY15** for 15% off).

### Bus

Free bus rides are available on Nicollet Mall and to/from the convention center. Fares range from \$1.75 to \$3.00, depending on time of day and your route. Look for buses marked "Free Ride" and pay no fare when boarding along Nicollet Mall or at the convention center. Visit [metrotransit.com](http://metrotransit.com) for details.

### Light Rail

The Blue or Green lines connect downtown Minneapolis with the airport, Mall of America, St. Paul and 43 other stations. Typical one-way fares are \$1-3. Visit [metrotransit.com](http://metrotransit.com) to plan your trip.

Register at **[efmn.org](http://efmn.org)** or call **800.779.0777**





## moving epilepsy care forward▶

Having a seizure can be scary. Not only for the child, but for those who love her.

Whether your child has experienced a seizure for the first time or has a complex form of epilepsy, you can trust Gillette Children's Specialty Healthcare to provide answers.

A regional leader in pediatric neurosciences, we have more pediatric neurologists and neurosurgeons than anyone else in the Twin Cities, giving us the expertise to help move our patients, their families—everyone—forward.

For an appointment, call 651-290-8707 or 800-719-4040.



**Gillette  
Children's**

*Specialty Healthcare*

[gillettechildrens.org](http://gillettechildrens.org)



The **most proven device solution** for epilepsy is proud to support the Epilepsy Foundation of Minnesota and continue to improve epilepsy patient wellness through easy to use innovative therapy options.

**LivaNova**

[www.LivaNova.com](http://www.LivaNova.com)

To find out more about restoring your wellness visit [www.seizurecontrol.com](http://www.seizurecontrol.com)





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The expo is just \$20 for individuals and \$40 for families: take advantage of early bird registration by March 15 and we'll waive your fees.

Visit **efmn.org** or call **800.779.0777** today!

## Can't Attend The Expo? Let EFMN Come To You!

- Free seizure first aid training is available for workplaces, schools, churches and more.
- 24/7 support is available by calling 800.779.0777 OR 800.332.1000 (en español 866.748.8008) outside of business hours.
- Download EFMN's "Seizure First Aide" app on the App Store or Google Play.

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