

Enrolling participants age 55 and older with Blue Cross
Blue Shield of Michigan health insurance*

PROGRESS

Toward Wellness

Epilepsy is a brain condition that causes seizures. It can also affect mood, memory, and other aspects of health. Dealing with epilepsy can be hard, but there are many things that people can do to have fewer seizures and better health.

Epilepsy Foundation of Michigan can help.

We are pleased to offer a FREE phone-based program called ***PROGRESS*** **Toward Wellness** that helps adults manage their epilepsy. Participants learn a step-by-step process for choosing and working toward personal wellness goals. A Health Coach calls every two weeks to help guide participants through this process. The program takes four to six months to complete.

Take the first step toward living well with epilepsy. Contact Epilepsy Foundation of Michigan. 



PROGRESS Toward Wellness

A FREE program for adults age 55 and older with epilepsy who want to better manage their...

- seizures
- stress
- sleep
- medications
- depression
- memory problems
- overall health



**EPILEPSY
FOUNDATION**

Michigan

800-377-6226

cwasyshyn@epilepsymichigan.org

www.epilepsymichigan.org

*Other adults with epilepsy may be able to access the program at a later date (please call for details).

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