

The Preteen Education Series is an interactive social media program that will run for 8 weeks and cover the following topics: Emotional Health, Diet and Nutrition, Physical activity, Sleep, Independent living, Stress Management, Social Relationships, and Education. Participants, along with their parents, will learn about each topic and way to create healthy habits.

The goal is to encourage kids to take an active role in their health and epilepsy management. Learning these skills can help them overcome challenges they may face currently and in the future. Since this program is completely online, we are able to open it to participants for anywhere in the country! If you are interested in participating, follow this link <https://www.surveymonkey.com/r/CLLH5VM>.

*Epilepsy Alliance Louisiana*  
**WE ARE LAUNCHING A NEW PROGRAM FOR KIDS 8-13**  
More info to come in the following weeks!

**Epilepsy Wellness Series: Preteen Education**  
HEY PARENTS OF KIDDOS AGE 8-13:  
DO YOU HAVE QUESTIONS ABOUT HOW EPILEPSY AFFECTS KIDS' **DIET AND NUTRITION**?  
COMMENT BELOW WITH ANY QUESTIONS OR SEND US A DIRECT MESSAGE!

**Epilepsy Wellness Series: Preteen Education**  
HEY PARENTS OF KIDDOS AGE 8-13:  
DO YOU HAVE ANY QUESTIONS ABOUT HOW EPILEPSY AFFECTS KIDS' **PHYSICAL HEALTH**?  
COMMENT BELOW WITH ANY QUESTIONS OR SEND US A DIRECT MESSAGE!

**Epilepsy Wellness Series: Preteen Education**  
HEY PARENTS OF KIDDOS AGE 8-13:  
DO YOU HAVE ANY QUESTIONS ABOUT HOW EPILEPSY AFFECTS KIDS' **INDEPENDENT LIVING**?  
COMMENT BELOW WITH ANY QUESTIONS OR SEND US A DIRECT MESSAGE!

**Epilepsy Wellness Series: Preteen Education**  
HEY PARENTS OF KIDDOS AGE 8-13:  
DO YOU HAVE QUESTIONS ABOUT HOW EPILEPSY AFFECTS KIDS' **STRESS**?  
COMMENT BELOW WITH ANY QUESTIONS OR SEND US A DIRECT MESSAGE!

**Epilepsy Wellness Series: Preteen Education**  
HEY PARENTS OF KIDDOS AGE 8-13:  
DO YOU HAVE QUESTIONS ABOUT HOW EPILEPSY AFFECTS KIDS' **EDUCATION**?  
COMMENT BELOW WITH ANY QUESTIONS OR SEND US A DIRECT MESSAGE!

**Epilepsy Wellness Series: Preteen Education**  
HEY PARENTS OF KIDDOS AGE 8-13:  
DO YOU HAVE ANY QUESTIONS ABOUT HOW EPILEPSY AFFECTS KIDS' **EMOTIONAL HEALTH**?  
COMMENT BELOW WITH ANY QUESTIONS OR SEND US A DIRECT MESSAGE!