Why Wellness Matters

In an Epilepsy Foundation community survey, participants ranked improving quality of life as a top area that epilepsy researchers should tackle. Studies show that social and emotional support and an overall sense of well-being may have more impact on quality of life than the seizures themselves.

“Often the comorbidities that accompany epilepsy outweigh the burden of the seizures themselves.”

—Institute of Medicine Report: Epilepsy across the Spectrum

**Why Wellness Matters**

In an Epilepsy Foundation community survey, participants ranked improving quality of life as a top area that epilepsy researchers should tackle. Studies show that social and emotional support and an overall sense of well-being may have more impact on quality of life than the seizures themselves.

**Wellness Institute**

The Wellness Institute focuses on eight dimensions of wellness that contribute to the overall health and well-being of someone living with epilepsy and their family, friends, and caregivers.
A well-rounded approach to wellness empowers individuals to take an active and engaged role in their healthcare, which is important for self-management and improving epilepsy and wellness outcomes.

The Wellness Institute . . .

| Brings together people with epilepsy and key stakeholders regarding epilepsy and wellness |
| Raises awareness and educates people with epilepsy, professionals, and the public |
| Enhances network capacity by providing support for implementing wellness activities |
| Implements programs that enhance all eight wellness dimensions |
| Identifies professional and community resources at the national and local level |
| Inspires a culture of wellness by encouraging proven healthy lifestyle behaviors throughout the Foundation |
| Promotes and disseminates research and innovative therapies |
| Trains and educates caregivers and epilepsy professionals |
| Advocates for those with epilepsy |
| Forms partnerships and collaborations to expand our reach |

About the Epilepsy Foundation

The Epilepsy Foundation, and its network of 50 organizations throughout the United States, leads the fight to overcome the challenges of living with epilepsy and to accelerate therapies to stop seizures, find cures, and save lives. As an unwavering ally for individuals and families affected by epilepsy and seizures, the Epilepsy Foundation connects people to treatment, support, and resources; leads advocacy and awareness efforts; funds innovative research and the training of specialists; and educates the public about epilepsy, sudden unexpected death in epilepsy, and seizure first aid. To learn more, please visit epilepsy.com.

Follow us on social media!

Like us on Facebook - @EpilepsyFoundationofAmerica
Follow us on Twitter- @EpilepsyFdn
Follow us on Instagram - @EpilepsyFdn

For more information:
www.epilepsy.com/wellness
wellness@efa.org
epilepsy.com/newsletter

Epilepsy Foundation / Wellness Institute
8301 Professional Place West, Suite 230
Landover, MD 20785

Epilepsy & Seizures 24/7 Helpline: 1.800.332.1000