ONE-DAY WORKSHOP

Calm Mind, Calm Gut

An Integrative Approach to Epilepsy

SATURDAY, FEBRUARY 27, 2027 | 8:30 A.M. - 4:00 P.M.

HONEY CREEK COLLECTIVE
N7954 Townline Road, East Troy, WI 53120

Explore the neuroscience behind mindfulness, yoga, diet, and other lifestyle interventions - and the potential these tools may have to support quality of life for people with epilepsy.

Expert speakers and hands-on experiences for every attendee.

WHAT YOU WILL EXPERIENCE

01

Understand the science

Learn how mind-body and lifestyle practices may influence stress, regulation, and well-being.

02

Hear expert perspectives

Engage with knowledgeable speakers exploring integrative approaches to epilepsy care.

03

Practice the tools

Take part in accessible, hands-on experiences designed for active learning.

WORKSHOP LEADER

Janel Schneider, MD
Mind OveR Epilepsy (M.O.R.E.)

REGISTRATION OPENS

NOVEMBER 1

IN-PERSON ATTENDANCE LIMITED TO 80

Live-stream registration will be available for those unable to attend in person.

Educational workshop. Individual medical decisions should be made with a qualified healthcare professional.