



**EPILEPSY  
FOUNDATION**  
Greater Southern Illinois

and



**EPILEPSY  
FOUNDATION**  
Greater Southern Illinois-Southern Region

**Presents the  
April 2021 Educational Monthly Support Group**

**Topic: How to Stay Healthy**

**Guest Speaker: Amy Sobczak,  
Registered Nurse**

*Discussion about preventive care: Routine health care screenings, check-ups, and patient counseling to prevent illnesses, disease or other health problems.*

**Where: Epilepsy Foundation of  
Greater Southern Illinois Office  
3515 North Belt West  
Belleville, Illinois 62226**

**When:  
April 12<sup>th</sup> (RSVP by April 5)  
April 21<sup>st</sup> (RSVP by April 14)  
Time: 1:00pm to 2:30pm**

**RSVP to Janet Shearrer at  
(618) 236-2181 ext. 114  
or [janets@epilepsygsil.org](mailto:janets@epilepsygsil.org)**

**Sponsored by the St. Clair County  
Mental Health Board, Madison County  
Mental Health Board, and the Illinois  
Department of Human Services**

If everyone in  
the US received  
recommended

**CLINICAL  
PREVENTIVE  
CARE**

WE COULD SAVE OVER

**100,000**  
*lives each year*

