



**EPILEPSY
FOUNDATION**
Greater Southern Illinois

and



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FOUNDATION**
Greater Southern Illinois-Southern Region

Presents the January 2025 Educational Monthly Support Group

Topic: Self Care

Where:
EFGSI Event Hall
750 W H Street
Belleville, IL 62226

When: January 21, 2025
From 11:00am to 1:00pm

Please bring a sack lunch.

*Please RSVP to Janee Baldwin at
(618) 236-2181 ext. 116
or janeeb@epilepsygsil.org by
January 13, 2025.*

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

8 types of self care

