2015 Iowa Epilepsy Empowerment Group Meetings

Community-organized meetings for people connected to epilepsy looking to empower themselves through resources and relationships. Please join us!

**Cedar Rapids** Meets the 2nd Wednesday every other month on the EVEN months at 6:30 PM.
**Dates:** Feb. 11, Apr. 8, Jun. 10, Aug. 12, Oct. 14, Dec. 9
**Location:** Mercy Medical Center, Katz Conference Room, 701 10th St. SE, Cedar Rapids, IA
**Contact:** Dale Todd 319-389-6071

**Cedar Valley** Meets the 2nd Thursday every other month on the ODD months at 6:30 PM.
**Dates:** Jan. 8, Mar. 12, May 14, July 9, Sept. 10, Nov. 12
**Location:** Sartori Memorial Hospital, West Dining Room, 515 College Street, Cedar Falls, IA
**Contact:** Brienna Decker 319-240-0619

**Council Bluffs/Omaha** Meets the 3rd Tuesday every month (except December) at 7:00 PM.
**Dates:** Jan. 20, Feb. 17, Mar. 14, Apr. 21, May 19, Jun. 16, Jul. 21, Aug. 18, Sep. 15, Oct. 20, Nov. 17
**Location:** Creighton University Medical Center, Room 5889 A&B, 601 North 30th Street, Omaha, NE
**Contact:** Mary Overton 402-680-8026 and Heather Overton 402-680-3141

**Des Moines** Meets the 4th Thursday of every month (except November) at 6:00 PM.
**Location:** Mercy Medical Center, East Tower, Level A, Conf. Room 3, 1111 6th Ave., Des Moines, IA
**Contact:** Roxanne Cogil 515-238-7660

**Iowa City** Meets the 3rd Friday of every month (except December) at 6:30 PM.
**Dates:** Jan. 16, Feb. 20, Mar. 20, Apr. 17, May 15, Jun. 19, Jul. 17, Aug 21, Sep. 18, Oct. 16, Nov. 20
**Location:** Iowa City Public Library, Room D, 123 South Linn Street, Iowa City, IA
**Contact:** Alexa Arndt 319-359-8682 and Phyllis Sterba 319-354-1752

**Quad Cities** Meets the 1st Thursday of every month (except January) at 6:30 PM.
**Dates:** Feb. 5, Mar. 5, Apr. 2, May 7, Jun. 4, Jul. 2, Aug. 6, Sep. 3, Oct. 1, Nov. 5, Dec. 3
**Location:** UnityPoint - Trinity Hospital, Education Center, 500 John Deere Road, Moline, IL
**Contact:** Monta Ponsetto 309-373-0377

**Sioux City** Meets the 3rd Tuesday of every month at 3:30 PM.
**Dates:** Jan. 20, Feb. 17, Mar 17, Apr. 21, May 19, Jun. 16, Jul. 21, Aug. 18, Sep. 15, Oct. 20, Nov. 17, Dec. 15
**Location:** Disabilities Resource Center of Siouxland, 520 Nebraska Street, Suite 101, Sioux City, IA
**Contact:** Steve Fox 712-281-1741

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Websites: [www.epilepsyheartland.org](http://www.epilepsyheartland.org)  | [www.epilepsy.com](http://www.epilepsy.com)
Facebook: Epilepsy Foundation - Iowa