

## **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 2<sup>nd</sup> 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 10<sup>th</sup> St. SE, Cedar Rapids, IA

**Contact:** Dale Todd 319-389-6071

**Cedar Valley** Meets the 2<sup>nd</sup> 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 3<sup>rd</sup> Tuesday every month (except December) at 7:00 PM.

**Dates:** Jan. 20, Feb. 17, Mar. 17, 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 30<sup>th</sup> Street, Omaha, NE

**Contact:** Mary Overton 402-680-8026 and Heather Overton 402-680-3141

**Des Moines** Meets the 4<sup>th</sup> Thursday of every month (except November) at 6:00 PM.

**Dates:** Jan. 22, Feb. 26, Mar. 26, Apr. 23, May 28, Jun. 25, Jul. 23, Aug. 27, Sep. 24, Oct. 22, Dec. 10

**Location:** Mercy Medical Center, East Tower, Level A, Conf. Room 3, 1111 6<sup>th</sup> Ave., Des Moines, IA

**Contact:** Roxanne Cogil 515-238-7660

**Iowa City** Meets the 3<sup>rd</sup> 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 1<sup>st</sup> 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 3<sup>rd</sup> 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