

Agenda

Friday, November 1, 2024

All times in Eastern Time

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| 6:00–6:15 p.m. | Welcome
<i>Imad Najm</i> |
| 6:15–7:00 p.m. | Empowering Epilepsy
<i>Leigh Goldie</i> |
| 7:00–8:30 p.m. | Reception |

Saturday, November 2, 2024

All times in Eastern Time

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| 8:00–8:30 a.m. | Continental Breakfast and Opening Remarks |
| 8:30–9:00 a.m. | Complementary Medicine for Epilepsy: An Overview
<i>Robert Saper</i> |
| 9:00–9:30 a.m. | Panel Discussion
<i>Robert Saper, Simona Balestrini and Patient Moderator: Elizabeth Spurgeon</i> |
| 9:30–10:00 a.m. | Break |
| 10:00–10:45 p.m. | Landscape of Epilepsy Research
<i>Elizabeth Spurgeon</i> |
| 11:00–11:45 a.m. | Environmental Factors and the Impact on Epilepsy
<i>Simona Balestrini</i> |
| 12:00–1:30 p.m. | Networking Lunch |
| 1:30–2:15 p.m. | Sleep and Epilepsy
<i>Silvia Neme Mercante</i> |
| 2:30–3:00 p.m. | Addressing Mental Health Challenges in Epilepsy
<i>Anna Shapiro Krew</i> |
| 3:00–3:30 p.m. | Panel Discussion
<i>Anna Shapiro Krew, Elizabeth Gedeon, Patient, Moderator – Faculty</i> |
| 3:30–4:15 p.m. | Mind-Body Practices: Mindfulness and Meditation & Stress in Epilepsy Management
<i>Baruch Rael Cahn</i> |
| 4:15 p.m. | Adjourn CME Session |
| 4:30–5:15 p.m. | Non-CME Workshop Meditation Session
<i>Robert Saper</i> |

Sunday, November 3, 2024

All times in Eastern Time

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| 7:30–8:00 a.m. | Breakfast |
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8:00–8:45 a.m.	Memory and Cognitive Enhancement Therapies <i>Kayla Arrotta</i>
9:00–9:30 a.m.	Integrating Holistic Approaches into Epilepsy Care Plans <i>Elizabeth Gedeon</i>
9:30–10:00 a.m.	Panel Discussion <i>Kayla Arrotta, Elizabeth Gedeon and Patient Moderator: Krishna Galla</i>
10:00–10:30 a.m.	Morning Break
10:30–11:15 a.m.	CBT & Biofeedback for Seizure Control <i>William Curt LaFrance Jr</i>
11:15–12:00 p.m.	Exercise in Epilepsy Management <i>Jane Allendorfer</i>
12:00–1:30 p.m.	Networking Lunch
1:30–2:15 p.m.	Non-Invasive Neurostimulation and Epilepsy <i>Krishna Galla</i>
2:30–3:15 p.m.	Epilepsy Management Through Nutrition <i>Ahsan Moosa Naduvil Valappil and Danielle Beaudoin</i>
3:30–4:15 p.m.	Art & Music Therapy for Stress Relief and Emotional Expression in Epilepsy <i>Suzanne Hanser</i>
4:15–4:30 p.m.	Conference Wrap-Up <i>Course Directors</i>