

Join Us for the Brain Café Series

Living Well with Epilepsy

Real conversations for better brain health.

We Will Talk About

- Seizures and Epilepsy
- Epilepsy risk factors and causes
- Epilepsy treatment and surgery
- Emotional and social wellbeing
- Nutrition

Join the Conversation With

- Epileptologists
- Neuropsychologist
- Patient/Caregiver with Lived Experience

What to Expect

- First 50 attendees who preregister receive a free Brain Health Kit
- Brain-healthy snacks and refreshments
- Free parking
- A supportive space to ask questions and share experiences
- A chance to build connections with neighbors and community partners

WHEN

November 21, 2026

3:00 PM – 5:00 PM

LOCATION

Weekley Family YMCA

7101 Stella Link Road

Houston, TX 77025

Ready to Join the Conversation?

The event is free, but space is limited. Register today!

go.uth.edu/brain-cafe

EPILEPSY FOUNDATION
END EPILEPSY TOGETHER
TEXAS - HOUSTON/ DALLAS-FORT WORTH/ WEST TEXAS

the YMCA

UTHealth Houston
Neurosciences