

Join the

# BEYOND EPILEPSY YOUTH CONFERENCE

from your own home

For 16-24  
year olds!

Learn about your  
epilepsy and self-  
management

Be inspired by our  
Epilepsy  
Ambassador

Learn about life  
skills, managing  
anxiety & more



Saturday 27th April 2024

All times in AEST

**9:30am-10:15am - Tina Furse (Epilepsy Nurse)- Knowledge is Power**

How well do you know your epilepsy? What strategies do you have to self-manage?

**11:00am-12:15pm - Headspace- Anxiety and Managing Anxiety Techniques**

Exploring effective techniques for managing anxiety to empower you to navigate anxious moments

**1:00pm-2:45pm - COMPACT - Skills for Successful Futures**

Practical life skills such as employment preparation, phone contracts and tax information

**3:00pm-3:45pm - Jun from Youth Disability Advocacy Service - Advocacy**

What are your rights as a young person? What is advocacy and self-advocacy?



Sunday 28th April 2024

**9:15am - 10:15am - Luke Eisenhuth- Presentation by EAA Ambassador**

Epilepsy Action Australia Ambassador Luke shares his experience with epilepsy, including insights and management techniques

Join the live stream from the comfort of your own home,  
pick which sessions you would like to join. Register to  
receive the link.



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Register for free via the QR code, or email  
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