



# PARKER

November  
is Epilepsy  
Awareness  
Month



## A Natural Approach to Coping with Epilepsy

Presented by **Stacey Chillemi**

Stacey Chillemi, a health expert who has suffered from epilepsy since the age of five, discusses the lifestyle changes that helped her gain control of her seizures and her life. She will talk about nutrition, exercise, stress relief and emotional coping skills that can benefit individuals suffering from epilepsy and how to move forward toward a happy, healthy and productive life.

**Tuesday Nov. 15th at 1:00 pm**

Register by November 8th

**PARKER at Monroe**

395 Schoolhouse Road, Monroe Twp.

**Friday Dec. 2nd at 1:00 pm**

Register by November 28th

**PARKER at the Pavilion**

443 River Road, Highland Park

Attendance is FREE but seating is limited. Register to reserve your space at:  
**[info@feparker.net](mailto:info@feparker.net) or 732-902-4200**



**Stacey Chillemi** is a health expert, speaker and author who has helped millions of people understand and cope with their epilepsy. She is a prolific author whose books on health and nutrition regularly appear on Amazon's best-seller lists and have sold more than 100,000 copies.

Triggered by her own struggle with epilepsy, Stacey Chillemi was determined to find the answers to her questions, like, "How can I become a success in life and not let epilepsy destroy my hopes and dreams?" and "How do people with epilepsy cope with their disorder?" She has dedicated her life to the field of health, alternative medicine and herbal medicine, helping others to heal their bodies, and maintain excellent health for life.

*Parker is pleased to present this program as a community service. All opinions and program content presented are solely the responsibility of the speaker. Parker does not endorse or recommend any products or services that may be offered by any speaker or business.*