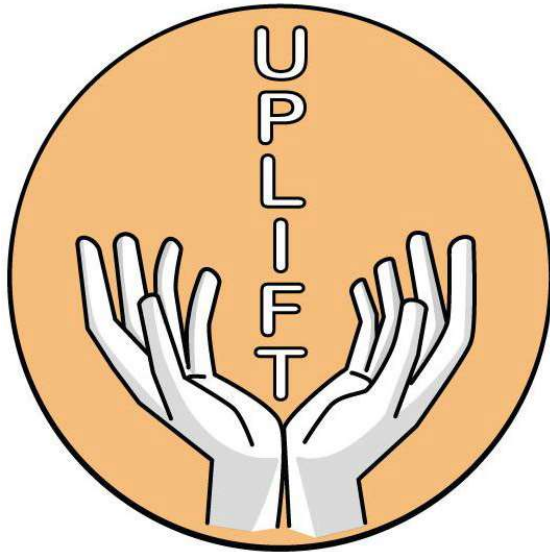


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# PROJECT UPLIFT

Using Practice and Learning to Increase Favorable Thoughts

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- 8-week educational group for adults with epilepsy and feelings of depression/anxiety
- Group is done entirely by Zoom
- Participants will learn to use mindfulness and positive thoughts to cope with negative moods

Project UPLIFT is FREE for all participants!

Please contact Larissa Grammer at 303-502-5979 or at [larissa@epilepsycolorado.org](mailto:larissa@epilepsycolorado.org) for more information and to register for the group!