



# Building A Healthy Brain

1 in 50 children will be  
diagnosed with Epilepsy

Children ages 0-2 years  
experience the highest  
incidence of epilepsy.

## Did You Know?

Nurturing healthy brain development during the first 5 years of life is a **smart** investment. Schedule a presentation and learn how to **Build a Healthy Brain** and protect it from the most common childhood injuries to ensure a lifetime of learning.

- Nutrition for optimum brain development
- Prevent most common head injuries
- Learn what pediatric seizures look like
- Questions and Answers

*Who should attend:* Parents, Guardians, Care-takers of young children, Parent Groups, Youth Sports Staff, Clubs and Organizations.



**Epilepsy  
Support  
Network**  
of Orange County

1500 Adams Avenue, Suite 301  
Costa Mesa, CA 92626  
(714) 916-0456 phone  
(657) 215-8402 fax  
[www.esnoc.org](http://www.esnoc.org)

To schedule a no-cost presentation  
contact: Meghan Metzger  
Janna Moore, MPA  
(714) 916-0456  
[mMetzger@esnoc.org](mailto:mMetzger@esnoc.org)

### Seizure Recognition & First Aid

A community presentation for  
the public. *See other side*

