



# Epilepsy Heroes Day Conference

for Advocacy, Resources, and Education

A FREE in-person event for patients, caregivers, and medical professionals.



**21 March,  
2026**

9am - 2pm



**DoubleTree by  
Hilton**

1500 N. Military  
Hwy, Norfolk  
23502



**Lowell Evans**

EFVA Hampton Roads  
Regional Director



**Daniel Graf, MD**

Sentara Neurology  
Specialists



**Allison Wright,  
PA**

Childrens Hospital of the  
Kings Daughters  
Pediatric Neurology



**Anna Prather-  
Weber**

Caregiver of an  
Epilepsy Hero



**Elsie Achieng, MD**

Riverside Neurology  
Specialists



**Georg Dahl, MD**

Childrens Hospital of the  
Kings Daughters  
Pediatric Neurology



**Keira Lozada**  
Epilepsy Hero

- Personal Stories
- Inflammation
- Female Journey
- Headache & Seizures

## LEARN MORE & REGISTER



757-904-3209



[efva.evans@gmail.com](mailto:efva.evans@gmail.com)



[epilepsyva.com/epilepsy-heroes-day](https://epilepsyva.com/epilepsy-heroes-day)





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## AGENDA

8:00 - 9am	Arrivals and Registration, visit exhibits (coffee/light fare available)
9 - 9:10am	Lowell Evans — WELCOME, EFVA Introduction
9:10 - 9:25am	Keira Lozada — Epilepsy Hero Personal Story
9:25 - 9:45am	Daniel Graf, MD — Inflammation and Epilepsy
9:45 - 10:05am	Elsie Achieng, MD — The Female Journey with Epilepsy
10:05 - 10:20am	Panel Q&A
10:20 - 10:35am	Break/visit exhibits
10:35 - 10:47am	Special Sponsor Presentations (3 minutes each)
10:47 - 10:50am	Lowell Evans — Introduce next set of speakers
10:50 - 11:05am	Anna Prather-Weber — Caregiver Personal Story
11:05 - 11:30am	George Dahl, MD — When Headache and Seizures Overlap
11:30 - 11:50am	Allison Wright, PA — You Can Thrive with Epilepsy
11:50 - 12:05pm	Panel Q&A
12:05 - 1:00pm	Break for final exhibit visits and lunch
1:00 - 1:30pm	EFVA Updates: Suzanne Bischoff
1:30pm	Program conclusion

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