



**21 March,
2026**

9am - 2pm



**DoubleTree by
Hilton**

1500 N. Military
Hwy, Norfolk
23502

Epilepsy Heroes Day Conference

for Advocacy, Resources, and Education

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



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



(434) 924-8669



efva.evans@gmail.com



epilepsyva.com/epilepsy-heroes-day





epilepsyva.com

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

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	Georg 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

LEARN MORE & REGISTER



(434) 924-8669



efva.evans@gmail.com



epilepsyva.com/epilepsy-heroes-day

