

Navigating THE LGS MAZE

Welcome to the LGS Foundation. Get support now by:

- Reviewing the contents of this folder
- Joining our Private Family Support Group on Facebook
- Signing up to receive our monthly newsletter
- Following us on social media
- Checking out the LGS Learning & Resource Center on our website
- Connecting with an LGS Foundation Ambassador
- Creating a Seizure Action Plan
- Keeping a Seizure Diary
- Ordering your Caregiver & Sibling Kits on our website
- Contacting the LGS Foundation with any questions. We are here for you.