



# NAVIGATING BRAIN FOG

**MAY 21 TO JUNE 25**

**THURSDAYS FROM 5:00-6:30 PM (CST)**

**VIA ZOOM**

Have you noticed changes in your ability to recall, multi-task, organize, or even find the right word in a conversation? For some, it's a nuisance, but for others it can be incapacitating. It's not your imagination - your diagnosis and treatment can leave you feeling like you are in a mental "fog." Specialists call it "Chemo Brain" or "Brain Fog."

Research shows that Brain Fog affects one of every four cancer survivors and up to 77% of COVID survivors. The good news? You don't have to just live with it! This six-week class can help reshape your brain to function at its highest capacity.

**LIMITED SPOTS AVAILABLE  
REGISTER TODAY!**

