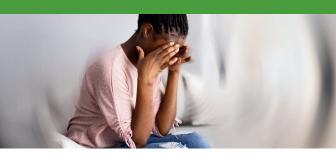


## YOUNG ADULT BRAIN FOG



Having trouble thinking clearly? Is it sometimes hard to find the right words? You may have brain fog.

Brain fog involves cognitive changes that may result from cancer and its treatment.

## Symptoms include:

- decreased memory
- shorter attention spans
- · difficulty problem solving
- reduced ability to multi-task

Join this free, eight-week online program for individuals ages 18 – 39, to learn ways to address and improve these symptoms.

Licensed from Maximum Capacity.



For more information or to register, visit:

wellspring.ca

Wellspring is a charity that offers professionally-led programs and services to help with the emotional, social, practical and physical needs of people living with cancer. All at no charge.