

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.