

# Living with Cancer Related Brain Fog

## Improve your quality of life



Have you noticed changes in your brain since being diagnosed with cancer? Do you have to work harder to remember things? Are you frustrated when you can't find the words you want to say?

You do not have to accept this as your new normal. You have the power to take control and improve your quality of life.

Did you know that more than 70% of people with cancer say they have trouble with attention, memory and thinking? These troubles can persist in about a third of people after treatment. While chemotherapy is one main cause, cancer itself can cause changes in how we use our brain.

This class is an opportunity to learn more about:

- The science of how any type of cancer affects the brain
- Interactive activities and sharing experiences
- Strategies to reduce frustration and increase your effectiveness at home, work and beyond
- Tips for keeping your brain healthy and active

**Facilitator:** Karen Brady, MS, CCC-SLP or  
Bethany Firstbrook, MA, CCC-SLP

**When:** **2024 Options:**

- Monday, March 11, 2024, 1:30-3:00 p.m.
- Monday, June 10, 2024, 1:30-3:00 p.m.
- Monday, September 9, 2024, 1:30-3:00 p.m.
- Monday, December 9, 2024, 1:30-3:00 p.m.

**Where:** Tebo Family Medical Building, Community Room, 1st Floor  
4715 Arapahoe Ave., Boulder, CO 80303

**Cost:** \$15

**Registration:** [www.bch.org/therapyclass](http://www.bch.org/therapyclass) • Class size is limited. Register early!

**Learn more  
and register**



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