

Clearing the Fog: Strategies for Coping with Chemo Brain



Chemo brain refers to the mental fog that many experience during or after cancer treatment. It can affect memory, thinking, and concentration. Learn some simple tips to help with chemo brain from our speech therapist, Julia Robinson, SLP.

This online event is open to anyone who has undergone cancer treatment and wants to know more about managing chemo brain.

When: Thursday, Nov. 13th, 12-1 p.m.

Location: Virtual, via Zoom

Registration: Free online event. Pre-registration is required. Register by scanning the QR code, or online at legacyhealth.org/cancerclasses.



Questions: Email cancerclasses@lhs.org or call 360-487-1726.



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