

Reducing Fatigue: a holistic approach for cancer survivors



LEGACY CANCER
INSTITUTE



Feeling like you have less energy since your cancer diagnosis? Tired all the time? You're not alone! Fatigue is the number one patient reported side-effect of during and after cancer treatment. In this one-hour interactive session, come learn about the science behind what causes fatigue, as well as techniques to reduce fatigue in your daily life using a holistic approach. Presented by Megan Barckert, MSN, FNP-C, Integrative Medicine Nurse Practitioner.

FREE! Open to those with a cancer diagnosis, and their primary caregiver or loved one. Pre-registration is required. Questions? Contact blallen@lhs.org, or (503) 413-7284.

Monday, October 27th

5 – 6 p.m.

held virtually via Zoom

To register, visit www.legacyhealth.org/cancerclasses
or scan the QR code with your smartphone:

