

**CREATE
YOUR
BEST
LIFE**

Recover,
Rebuild Health,
Reduce Stress,
Boost Hope and
Manage Fear of
Recurrence



A Time to Heal Cancer Foundation supports cancer survivors and their caregivers through its research-based classes, professionally led metastatic groups, and special events.

To keep you safe during COVID19 times, ATTH's programs are now online and FREE (although donations are welcomed)!

- Survivorship 101 – For survivors and caregivers (9-week program – classes begin each month)
- Brain Fog – For those who feel they are not as mentally sharp during or after treatment
- Metastatic Cancer Support Groups

For questions, scheduling information and to register:

<https://atimetohealfoundation.org/programs/>
or call our office at 402-401-6083.



A TIME TO HEAL
CANCER FOUNDATION

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