

Integrative Approaches for Patients with Brain Tumors

with Shannon Fogh, MD

This three-part course will provide evidence-based integrative approaches tailored to patients with primary tumors. Sessions involve group instruction, individual consultation, exercise instruction with an exercise specialist, and health coaching with a certified health coach.

Topics include:

- *Mind body approaches*
- *Movement/Exercise*
- *Nutrition and supplements*
- *Management of symptoms, including fatigue and neurocognitive changes*



About the Instructor:

Dr. Shannon Elizabeth Fogh is an internationally recognized Radiation Oncologist and Integrative Oncologist with special expertise working with brain tumor patients. She is a faculty member of the Osher Center for Integrative Health, with a clinical practice and research program focused on improving quality of life for people living with brain tumors.



Spring 2023, 3-Part Series

Tuesdays, 10:00 am–12:00 pm

- March 14
- March 21
- March 28



Register at: calendar.ucsf.edu/event/integrative

This webinar is part of our Sheri Sobrato Brisson Brain Cancer Survivorship Program.