

What is Chemoflage?

Chemoflage is a program designed especially for women who are undergoing chemotherapy. In May, 2003, Cookie Aftergut founded ChemoChic, a cancer program now under the guidance of another non-profit organization. After being honored as a 2006 Yoplait Champion, Cookie formed **Chemoflage, Inc.**, a new non-profit organization for the sole purpose of offering immediate help to women who are undergoing cancer treatment.

Who Should Attend?

Women who are getting ready to start their treatments, or are in the early stages of treatment for any type of cancer. The class is offered monthly.

What Will You Learn?

At **Chemoflage**, participants receive suggestions from healthcare professionals and community volunteers on how to combat the effects of chemotherapy. Topics include:

- Nutritional guides
- Relaxation/ visualization techniques
- Fashion/make-up suggestions
- Combating "chemobrain"
- And lots more...



Cookie pictured with Nancy Goodman Brinker (left), founder of the Susan G. Komen Breast Cancer Foundation, at the Yoplait award ceremony.

Photo courtesy of Yoplait

How Will You Benefit?

The program will allow you to live a happier, healthier life despite a cancer diagnosis. Specifically, it will help you:

- to combat the side effects of cancer treatment that often rob you of self-confidence,
- to transcend from being a victim, to a survivor, to a "thrivor",
- by supplying tools to regain self-esteem during one of life's most difficult times, and
- by providing an intimate setting, to bond and share with others during this chemo journey.

Is This A Support Group?

No. **Chemoflage** is a "stand-alone" educational program, geared specifically toward women undergoing chemotherapy. You will reap the benefits after attending this one class!

Is There A Charge To Attend?

No. This is a free program, as are all the materials and tools you receive. Should you decide that you have benefited from this class and wish to see that the program continues, you can make a tax-deductible donation to **Chemoflage, Inc.** See the "Contact Information" on the back of this brochure.

Empowering Women Undergoing Cancer Treatment

FACILITATOR / MISSION INFORMATION

In addition to founding *Chemoflage* in May, 2006, dynamic cancer survivor Cookie Aftergut is also the primary facilitator for the program. From the time you make your initial phone call (to the number listed below), through the program itself, you will receive the benefits of Cookie's guidance and suggestions as a cancer "thrivor".

Chemoflage is a non-profit organization whose sole purpose is to teach participants how to transcend from being victims of their cancer treatment to women who are self-confident survivors.



"because life should never be hidden"

CONTACT INFORMATION

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Chemoflage



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Helping and Supporting Women Undergoing Chemotherapy

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