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HEALTH & WELLNESS



## Breast Friends Cancer Support Network

Helping women survive  
the trauma  
of cancer ... one  
episode at a time.



With host  
**Michelle Beck**  
[www.breastfriends.org](http://www.breastfriends.org)

**Breast Friends Cancer Support Network**  
**Wednesday at 9 AM Pacific**  
**September 15th 2017: Healing the Inner Scars of Breast Cancer**

After the whirlwind of a breast cancer diagnosis and its subsequent treatments, long after the physical wounds have mended, the inner scars can remain raw. Rebecca Pine will delve with us into the inner healing process. We will explore body image, self-acceptance, and reclaiming wholeness. Practical ways of cultivating inner awareness, welcoming vulnerability, and releasing difficult emotions will be shared. Rebecca was diagnosed with breast cancer in 2009, and has a unique approach to healing through mindfulness, nature, and creative expression.



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Wednesday at 9 AM Pacific  
Time on VoiceAmerica Health  
and Wellness Channel

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### Featured Guest



#### Rebecca Pine, Author and Workshop Facilitator

Rebecca supports those newly diagnosed with breast cancer, as well as survivors, previvors, and those living with active disease. An eight-year survivor herself, she helps those in the process of transforming inner emotional scars. Rebecca offers practical, every-day tools and tips that are both powerful and easy-to-use.

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