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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

Breast Friends Cancer Support Network
Wednesday at 9 AM Pacific
November 21st 2018: Encore: Healing your
whole self after breast cancer

The show will address how frequently as women we think once the cancer is gone or the wounds have healed it is over physically and emotionally when in reality the healing process has just begun. The importance of physical rehabilitation is rarely advised by doctors as rehabilitation and if so, the focus is only on short term range of motion. However, the body takes a year to heal from the trauma and the mind sets its own pace. Methods of connecting the mind/body experience to complete the healing process will be focused on.

Tune in

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

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Featured Guest



Margret De Bruyn

Margret De Bruyn is a PMA™ Certified Pilates Instructor is trained in the McEntire Pilates Method. She specializes in cancer exercise and is a survivor herself.

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