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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 28th 2018: How stress causes cancer
and what you can do about it

We will discuss the relationship of stress and cancer. What is this relationship? How does stress work? What are the 3 most common mistakes people make about stress? How managing your stress is NOT going to help you in the long run. And how to achieve mastery over your stress.



Tune in

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

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Featured Guest



Ravinder Singh, MD

Dr. Ravinder Singh is a board-certified neurologist specializing in the prevention and treatment of neurological diseases, especially stroke, headache and epilepsy.

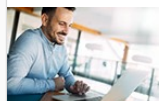
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