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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**  
**March 13th 2019: Recovery and Rejuvenation**  
**after Cancer**

Dr. Larkey will share evidence from the latest research on the lifestyle behaviors one can adopt that reduce risk for cancer as well as reduce risk for recurrence. She will discuss her research about strategies for rebuilding wellness in the wake of a cancer diagnosis and she will share information on a study that is currently open for breast cancer survivors, aged 45-75, that provides free classes, further testing these strategies.



### Tune in

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

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### Featured Guest



#### Dr. Linda Larkey

Dr. Linda Larkey is a professor and researcher at Arizona State University, College of Nursing and Health Innovation.

[Read more](#)

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