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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
July 24th 2019: Using Creativity and Joy to Fight Cancer

Anne-Louise Sterry, aka Aunt Lena, is one of the funniest people we know. She was a guest on our show on March 6, 2019 and took us all by storm. Back by popular request, She will be talking about Creativity and Joy as tools in the fight against cancer. Psychologists agree that engaging in creative activities contributes to an "upward spiral" of positive emotions, psychological well-being and feelings of "flourishing" in life. Anne-Louise is a Cancer survivor, humorist, professional speaker, and writer. She is sure to rock your world as you listen in.

Tune in

Wednesday at 9 AM Pacific
Time on VoiceAmerica Health
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Featured Guest



Anne-Louise Sterry

Anne-Louise Sterry is an internationally-known motivational speaker, award-winning recording artist, author, singer-songwriter, master storyteller and ...Breast Cancer Survivor!

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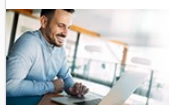
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