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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
August 14th 2019: Kindness Is Courageous

What happens when you step out of your comfort zone and live life courageously kind? From spending childhood Saturdays in a prison visiting her moms husband, to experiencing the joy that comes with forgiveness, to fighting breast cancer with kindness, Nicole loves to share the transformation that happened in her own life when she made a career out of writing about Kindness— and living life courageously kind!



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Featured Guest



Nicole Phillips

Nicole J Phillips is a champion for using kindness to overcome all of life's difficulties, including her own battle with breast cancer. She spreads the message of the healing power of kindness as a national speaker and author. She also is the host of The Kindness Podcast, and writes a weekly newspaper column, Kindness is Contagious, which runs in newspapers in North Dakota and Minnesota. Nicole has her Broadcast Journalism degree from the University of Wisconsin and has worked as a television anchor and reporter in Milwaukee, Wisconsin, Madison, Wisconsin and Fargo, North Dakota. As Miss Wisconsin 1997, she spent the year touring the state talking to kids and adults about overcoming crisis.

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