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HEALTH & WELLNESS



EVERY TUESDAY
4:00 PM ET (1:00 PM PT)



**Frankly Speaking About Cancer with the
Cancer Support Community
Tuesdays at 1 PM Pacific
February 18th 2020: Meet Survivor-preneurs Liz
Fisher and Ali O'Grady**

This episode in our special series Survivor-preneurs features two incredible women. Liz Fisher went through the experience of receiving a cancer diagnosis, undergoing treatment, and joining the community of survivors. Ali O'Grady was a caregiver to her father while he lived with a cancer diagnosis. Both combined their entrepreneurial spirit with insights and knowledge gleaned from their experience living with cancer to launch businesses.



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Featured Guests



Liz Fisher

Liz is the Founder and CEO of LAVVA, a nourishing, plant-based yogurt. Her first product was a no sugar high fiber muffin called Muffin A Day. She went on to bring a flourless organic sprouted bread called Alvarado St. Bakery to thousands of stores and then Pirate's Booty, a popular baked snack. Liz's experience with ovarian cancer caused her to entirely rethink her relationship with food. This new viewpoint led her to develop LAVVA.

[Read more](#)



Ali O'Grady

Ali founded the start-up Thoughtful Human in 2017. She works to take the "greetings" out and put the human back into cards and how we communicate — specifically in dynamic relationships and challenging life circumstances such as cancer, grief, depression, addiction and strained relationships. Through Thoughtful Human, she emphasizes radical empathy and works to build community, educate, and destigmatize conversations about physical and mental health.

[Read more](#)

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