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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
February 17th 2021: Eat Foods You Love
Without Stress and Guilt - Part 2

Today we finish a 2 part series called: How to Make Fearless Food Decisions, Conquer Cravings and Eat Foods You Love Without Stress and Guilt. Cathy Leman has been a guest on my show many times. She is a dietitian, nutrition therapist, and certified personal trainer. You can follow her on Instagram at @hormone.breastcancer.dietitian.

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Featured Guest

Guest Image

Cathy Leman

Cathy Leman is a registered dietitian, personal trainer, nutrition therapist and coach, speaker, and survivor of hormone-positive breast cancer. She earned her bachelor of science in nutrition and dietetics and completed her dietetic internship through the University of Illinois (UIC) coordinated undergraduate program in Human Nutrition and Dietetics. She earned her graduate degree in health psychology from National Louis University. Cathy is a member of the Academy of Nutrition and Dietetics, and certified as a personal trainer through the National Strength and Conditioning Association. She's the creator of the HEALTH REBUILD program for post-treatment survivors of hormone-positive breast c

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