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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 24th 2021: Encore: 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.

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