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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
**March 31st 2021: Acknowledging and
Addressing the Emotional Side Effects of
Cancer**

Lauren Huffmaster's work in the cancer community, combined with her personal cancer experience, enables her to articulate the emotional impact of cancer. Lauren discusses how she has developed solutions to minimize isolation, fear and shifting identities through her foundation.

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Featured Guest



Lauren Huffmaster

Lauren Huffmaster, Metastatic Breast Cancer Survivor and Founder Adventure Therapy Foundation. Lauren is a Metastatic Breast Cancer Survivor of five years. She is the founder of Adventure Therapy Foundation and a Co-Creator of the app RISE. Lauren innovatively addresses and acknowledges the emotional side effects of cancer: Isolation, Identity and Fear. Lauren is a compassionate influencer, disrupting mindsets on survivorship and transforming expectations around a post-cancer life.

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