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HEALTH & WELLNESS



**Resiliency Within**  
Building Resiliency during Unprecedented Times

**Elaine Miller-Karas**

**TRAUMA RESOURCE INSTITUTE**

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**Resiliency Within**  
Monday at 1 PM Pacific  
**September 20th 2021: Lessons Learned on my Cancer Journey: Resiliency & a New Career**

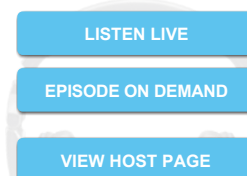
After Michelle was diagnosed with cancer a second time and endured a challenging treatment year, she was lost - emotionally and physically. She took a job at her son's school and had to quit after 3 days due to the pain in her body. Cue major soul searching; she needed to do SOMETHING. Thankfully, Breast Friends of Oregon was literally one mile from her house and she went in to volunteer. At this support organization, she found a strong desire to give back and help other women, taking cancer and finding the silver linings out of it. Personally, she found that writing out her experiences b

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#### Featured Guest



##### Michelle Beck

Michelle is a 2-time, 9-year survivor of breast cancer. In 2017 she found Breast Friends of Oregon to volunteer and found support that she did not know that she needed. In early 2019 she was hired as the Patient Programs Assistant and now also hosts the Breast Friends Cancer Support Network podcast. In her free time, she enjoys exploring with her husband Nate, their son Jackson and their two dogs, in their travel trailer. She loves reading books, watching movies and is obsessed with true crime and paranormal podcasts. She volunteers at her son's school and helps lead the 5th grade Ambassador program. Her second journey with breast cancer has led her to a new career path as a Breast Cancer Ad

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