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Breast Friends Cancer Support Radio Wednesday at 9 AM Pacific July 14th 2017: Managing Anxiety after Discharge

It is common to experience high levels of anxiety once initial treatment is complete. Will I be okay? Will it come back? What does my future hold? Guided meditation to relieve anxiety is a powerful tool for managing these feelings.

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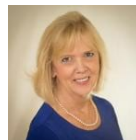
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Wednesday at 9 AM Pacific Time on VoiceAmerica Health and Wellness Channel and Thursday at 9 AM Pacific Time on VoiceAmerica Women's Channel

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Featured Guest



Peg Doyle, M.Ed., Certified Holistic Health Coach

Peg Doyle is a nationally certified health coach and educator. She is passionate about the powerful link between food and health. She understands the power of the body to heal itself and is delighted to share what she has learned through her studies and experience. She has a special interest in techniques and lifestyle practices that support women in recovery from cancer.

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