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**Breast Friends Cancer Support Radio**  
**Wednesday at 9 AM Pacific**  
**April 24th 2019: Massage, Stress and Breast Cancer**

We all know that stress is bad for cancer patients. Learn about the impact of stress and how to overcome it using various tools, including massage, and introducing balance into our lives. We will also explore how others affect our self-care and how to ask for help even if our cancer is in remission. Join us with our guest Jacki Gethner.

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**Featured Guest**



**Jacki Gethner**

Jacki Gethner has been a certified and licensed massage therapist since 1988 receiving her training in Boulder, Colorado. Her work with the only complementary/western medicine AIDS conference (AIDS Medicine and Miracles) in the subsequent years has brought her work nationally and internationally. Working with diverse populations dealing with prevention, medical adherence, end of life issues and working with families and support systems allowed her to work with other families and individuals with Cancer, Parkinsons, Leukemia, Lupus and MS- to name a few. Jacki lives in Portland Or. Where she has a private practice. In 2009, jacki was awarded the Kaiser Permanente National Diversity Award for

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