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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

**August 1st 2018: The Importance of Exercise for
Breast Cancer Survivors**

Cancer survivors need guidance in their exercise programming to make sure that it is safe and effective. Understanding the side effects of surgery, chemotherapy, and radiation can enable you to improve your health and feel better through a proper exercise program. Please join Carol Michaels as she discusses when and how often one should exercise during and after treatment. She will also speak about managing fatigue, lymphedema, osteoporosis, range of motion and strength while reviewing what exercises are safe and unsafe.

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Featured Guest



Carol Michaels MBA, ACE, ACSM

Carol Michaels MBA, ACE, ACSM is the founder of Recovery Fitness® an exercise program, developed to improve the recovery from cancer surgery and treatments and osteoporosis.

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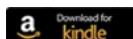
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