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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
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.

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