



Warrior Wellness Virtual Conference



October 16 & 17, 2020

**Breast Friends is proud to announce our
Warrior Wellness Conference.**

A FREE two day virtual event that will not only provide a variety of exciting topics from local and national speakers, but also brings us together as we celebrate the strength of the sisterhood that "gets it". Embracing the spirit of breast cancer awareness month as only Warrior Women can!

Schedule of Events

Friday Night Fun!

Join us from 6-8pm as we start the conference off with a special treat - **The Pink Hulk** will provide laughs, entertainment and inspiration - helping us all find the Superhero within!

Saturday Sessions!

The program will kick off at 10am with an amazing line up of speakers throughout the day! Topics to include: communication, fitness, cannabis, sexual health, mindfulness and more!

Registration is required. [Click here for more info.](#)

Text warriorwellness to 41444 to register.

Please contact michellebeck@breastfriends.org with questions.



Our Presenters



Valerie David
"The Pink Hulk"
*One Woman's
Journey to Find the
Superhero Within.*



Kelly Grosklags,
LICSW, BCD, FAAGC
*Communication:
"Helping those you
love better understand
your needs."*



Kerri Winters-Stone, Ph.D
*Exercise as Medicine for
Cancer*



Kimberly Carson,
MPH, C-IAYT, E-RYT
*Mindfulness & Guided
Meditation*



Donna Shields,
MS, RDN
*Integrating Cannabis
into Breast Cancer
Management*



Dr. Dianna Henson, ND
*Conquering the Changes
- Navigating Sex after
Breast Cancer*

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