

Meet Lauren!

Lauren Huffmaster

Lauren Huffmaster has been living with breast cancer since 2015 and is a certified cancer coach, speaker, and patient advocate. She is the founder of the Adventure Therapy Foundation, host of the Adventures with Scars podcast, and author of *Cancering: Exploring the Seasons of Emotional Healing*. She also collaborated on the children's book *The Adventure Jar*.

Lauren is widely recognized for addressing the often-overlooked emotional side effects of cancer—isolation, broken identity, and fear—and for offering innovative strategies that help patients reclaim hope and community. Her own decade-long cancer journey fuels her mission to transform what it means to live with and beyond cancer.

Lauren was honored in 2024 with the Silver Jefferson Award for the state of California in recognition of her dedication to the cancer community. Through her advocacy, she disrupts conventional thinking about cancer survivorship and redefines expectations for life after cancer.

You can learn about her story by following her on social media @laurenhuffmaster and learn more about her advocacy at AdventureTherapyFoundation.org or LaurenHuffmaster.com



"CANCER, FOR ME, IS NOT A VALLEY DARKENED BY THE SHADOW OF MOUNTAIN-TOP EXPERIENCES. CANCER IS THE CALLING OF MY LIFE. IT IS THROUGH MY BROKENNESS THAT I HOPE TO DEMONSTRATE LOVE. MY OWN EXPERIENCE MOTIVATES ME TO SEEK OUT SOLUTIONS THAT MINIMIZE THE BURDEN OF CANCER FROM THE LIVES OF OTHERS."



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