

Beth Beckman

BHH Family Spotlight

Tell us your story:

I thought I was “healthy” 27 year old: teaching two to three fitness classes a week and eating healthily. I was not on track to get cancer, but I did. In 15 months I had 2 surgeries, 17 chemotherapy treatments, and 31 radiation treatments. During treatment I was able to work full-time, except for when I was inpatient. Focusing on family, friends (aka a ton of weddings), and exercise helped me push towards the end of my chemo finish. My motto during the last eight weeks of chemotherapy was to “finish strong” and I am so proud to say that I did finish strong!

How would you describe BHH in 3 words:

Built in encouragement!

What do you want others to know about BHH:

BHH is an amazing organization that continually stays connected to the families they help. The staff and volunteers give their time and energy so genuinely and without a second thought. Although I wish cancer did not exist, knowing that BHH is supporting those affected by cancer, people like me, puts me at ease because I know they are in loving hands!

What are some of your favorite hobbies:

Hanging out with friends, reading, and exercising

“An arrow can only be shot by pulling it backward. When life is dragging you back with difficulties, it means it’s going to launch you into something great. So just focus, and keep aiming.” -Beth’s favorite quote

Check out Beth’s spotlight video [here](#).

