The George Washington University Cancer Institute introduces RISE, an online program for breast cancer survivors. Our goal is to help women RISE to the challenge of maintaining health and wellness after breast cancer treatment.

The GW Cancer Institute is looking for women who have completed active treatment (surgery, chemotherapy and/or radiation) for breast cancer and received their breast cancer diagnosis more than 18 months ago who are interested in participating in a 12-week online program aimed at empowering survivors to improve their health and well-being. Women currently taking hormonal medications are eligible to participate.

If you qualify to participate in this research program, you would be asked to: complete several surveys before, during, and after the program; set health and wellness goals; and provide information weekly to the research team regarding your dietary intake, physical activity, and progress toward your goals. You will receive:

- 12 weeks of information and tools regarding nutrition, physical activity, stress relief, and emotional coping – including recipes, video demonstrations, and more
- Motivational support from a health coach
- A pedometer and nutrition application to track health goals

If you complete the 12-week program and surveys, you will also receive a $50 gift card to Amazon.com. Contact Elizabeth Hatcher, RN at eohatcher@gwu.edu or 202-994-2215 for details.

GW Cancer Institute
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