

Together we *Thrive*

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## Breast cancer Recovery in Action

BRA's mission is to empower breast cancer survivors physically and emotionally by creating inclusive communities where all can grow in strength, resilience, and joy.



# About Us

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Navigating the world after a breast cancer diagnosis is scary. Life can feel very different, in ways patients and survivors never expected. They want their strength and energy back and to connect with others who understand.

As survivors who have been through those experiences, we know from experience that connecting, sharing and learning from others can be powerful healing tools. Our program components of fitness, nutrition, and emotional wellness work together to help survivors feel healthier, physically and emotionally. We have options for those who have finished treatment as well as those still in treatment, whether recently diagnosed or living with advanced disease.



# Our Team

As survivors ourselves, collectively we have personally spoken with and mentored thousands of women over the span of more than two decades. We know firsthand the power of a healing community, and have more than 15 years of experience in creating programming that helps breast cancer survivors not only find their “new normal,” but to embrace it and thrive.



**NANCY BROWN**  
**20+ YEAR SURVIVOR**  
**EXECUTIVE DIRECTOR**  
**CO-FOUNDER**



**NAMASTE ANDERSON**  
**20+ YEAR SURVIVOR**  
**REGIONAL DIRECTOR**  
**CO-FOUNDER**



**JENADI TALBOT**  
**10+ YEAR SURVIVOR**  
**REGIONAL DIRECTOR**  
**CO-FOUNDER**



**MELANIE CAVENDAR**  
**15+ YEAR SURVIVOR**  
**REGIONAL DIRECTOR**



**BRITANNY CARDWELL**  
**REGISTERED DIETITIAN**  
**NUTRITIONIST**



# Mission and Vision

**BRA PROGRAMS OFFER A  
COMMUNITY OF  
STRENGTH, RESILIENCE AND JOY**



## Mission

BRA's mission is to empower breast cancer survivors physically and emotionally by creating inclusive communities where all can grow in strength, resilience, and joy.

## Vision

Our vision is that BRA programming will become part of the breast cancer continuum of care in all geographic areas, improving quality of life through four core components: exercise, nutrition, emotional health, and education.



Find Community



Find Support



Find Connection

# THIS BRA FITS EVERYONE.



Breast cancer  
Recovery in  
Action

## As survivors too, we understand you.

You need a village. You need support. You want your strength and energy back. You just want to feel normal again.

**Breast cancer Recovery in Action (BRA) delivers just what you want.**

**Connect with us and you will**

- Find community in small groups
- Find strength with group personal training
- Learn best eating and health practices
- Experience emotional healing
- Create a survivorship plan



**Take action in your recovery and join a group today!** Programs are customized for those in treatment and those who have finished. Find us in multiple locations throughout Middle Tennessee and beyond.

Scan the QR code for more details.

Or visit us at:

 [www.BRAGroups.org](http://www.BRAGroups.org)

 [info@BRAGroups](mailto:info@BRAGroups)

  [@BRAGroups](https://www.facebook.com/BRAGroups)

**Lean into our community.**  
We'll be waiting for you with open arms.

*Our mission: To empower breast cancer survivors physically and emotionally by creating inclusive communities where all can grow in strength, resilience, and joy.*

# The **BENEFITS** of **BRA**

## Nutrition

Proper nutrition, exercise, and weight management help reduce your risk of recurrence. Healthy habits shouldn't stop after breast cancer remission. **Studies show that a higher versus lower diet quality is associated with a 23% reduction in overall mortality in breast cancer survivors.**<sup>1</sup>



## Fitness

Regular exercise is an important part of being healthy. Research has shown that **regular physical activity can reduce the risk of death from cancer by 40%.**<sup>2</sup> After diagnosis, **exercising can reduce the risk of breast cancer recurrence by 24%.**<sup>3</sup> That's why it's a core piece of BRA!



## Emotional Wellness

After diagnosis, you may experience a wide variety of emotions: fear, anger, guilt, etc. You deserve support and understanding from people who have been in the same situation as you. **Research has shown that emotional intervention is associated with improved survival.**<sup>4</sup>



## Education

Knowledge is power. Learn new information related to health, wellness, and breast cancer from our team of experts. We host informal meetings and gatherings for the whole community to be a part of!



<sup>1</sup>Castro-Espin C, Agudo A. The Role of Diet in Prognosis among Cancer Survivors: A Systematic Review and Meta-Analysis of Dietary Patterns and Diet Interventions. *Nutrients*. 2022; 14(2):348. <https://doi.org/10.3390/nu14020348>

<sup>2</sup>Ibrahim EM, Al-Homaidh A: Physical activity and survival after breast cancer diagnosis: Meta-analysis of published studies. *Med Oncol* 28:753-765, 2011. Link to secondary article: <https://ascopost.com/issues/may-25-2016/fitness-can-exercise-lengthen-survival-in-patients-with-cancer/>

<sup>3</sup>Dr Haruki Momma, Department of Medicine and Science in Sports and Exercise, Tohoku University Graduate School of Medicine, Sendai, Miyagi, Japan; h-momma@med.tohoku.ac.jp

<sup>4</sup>Andersen BL, Yang HC, Farrar WB, et al. Psychologic intervention improves survival for breast cancer patients: a randomized clinical trial. *Cancer*. 2008;113(12):3450-3458. doi:10.1002/cncr.23969

# BRA Group

## FAQ's



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### Who can join a BRA group?

Anyone who has ever had a diagnosis of breast cancer or had prophylactic surgery because of a gene mutation. You can be newly diagnosed, recently finished treatment or years out, or living with metastatic disease.

### *What should I expect?*

- Increasing energy and strength through one-hour workouts with a certified personal trainer
- Learning to make better nutrition choices and creating healthy habits
- Working through many of the emotions that often come with a breast cancer diagnosis by engaging in small group discussions.
- Educational events where you'll learn from a variety of professionals as well as each other

### *What is the benefit of joining a BRA group?*

Diagnosis is shocking. Treatment is hard. Life after cancer is different. In a BRA group, you'll be with others who "get it." Research shows that regular exercise, good nutrition, and strong social connections can significantly reduce the risk of recurrence and the risk of death from all causes.

### *What qualifications do you have?*

- First, we've been where you are; we are survivors too. We have more than 15 years of experience in creating and managing breast cancer survivorship programming.
- Our staff holds professional certifications and licensure from their respective boards, as well as additional certifications relevant to breast cancer survivors.
- Our medical advisory board is always available to help with any situation or circumstance.

**For additional questions  
reach us at 615-472-9478  
[info@BRAGroups.org](mailto:info@BRAGroups.org)**



Provide  
**STRENGTH, RESILIENCE, AND JOY**  
*to* **BREAST CANCER**  
**SURVIVORS**

- FITNESS** 1
- NUTRITION** 2
- EMOTIONAL WELLNESS** 3
- EDUCATION** 4

**YES, I will support BRA with a gift**

*Choose one*

I'll make a gift online now!

*Scan the QR code to make a secure donation on our website!*



I pledge to make a gift:

*Choose one*

**Monthly** in the amount of

- \$100    \$50    \$25    Other: \_\_\_\_\_

**One-Time** in the amount of

- \$500    \$250    \$100    Other: \_\_\_\_\_

Please contact me by \_\_\_\_\_ to start payments/make my gift.  
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*Signature*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*BRA Staff Member Name*



BRA is a 501(c)3 nonprofit organization





# Reach Out Contact Us



If you are interested in creating a partnership with us, you can connect with us via these contact details :

615-472-9478

[www.BRAGroups.org](http://www.BRAGroups.org)

[info@BRAGroups.org](mailto:info@BRAGroups.org)

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