

# Dr. Claudio Battaglini Secures Grant for

## Get REAL & HEEL An After Care Breast Cancer Program



Congratulations to the Get REAL & HEEL Dr. Battaglini and staff for securing another grant for the program! The Get REAL & HEEL team worked together on the development of the grant proposal entitled "Impacting Survivorship through an aftercare breast cancer program" which was submitted to The Susan G. Komen for the Cure North Carolina Triangle to the Coast Affiliate. The foundation has approved funding for the program in the amount of **\$63,141.00** and the grant cycle will begin April 1, 2013.

The purpose of the program proposal is to continue to provide integrative, evidence-based interventions for breast cancer survivors to heal and strengthen mind and body beyond cancer and medicine-based treatments. The program has two major components: an in-center rehabilitation program that provides an individualized prescriptive exercise and group psychosocial interventions, delivered in group format, and community workshops focusing on providing breast cancer survivors with the necessary education to engage in healthy lifestyle behaviors and to learn stress management techniques.

The Get REAL & HEEL program understands the importance of being culturally responsive and therefore has established partnerships with agencies throughout The Susan G. Komen for the Cure North Carolina Triangle to the Coast Affiliate service area to address any social cultural barriers. During this grant cycle, the Get REAL & HEEL program will hold educational community workshops in 7 counties under the affiliate service area working in collaboration with health departments, Triangle Affiliate grantees, YMCA's, and NC Office of Disability and Health community partners. The Susan G. Komen for the Cure North Carolina Triangle to the Coast Affiliate grant award will allow for the Get REAL & HEEL program to provide 40 breast cancer survivors the opportunity to participate in the in-center portion of the program and hundreds of women in the community education workshops free of charge. The "new" Get REAL & HEEL will focus even more than before on addressing the gap health disparities by targeting the recruitment of under-insured, uninsured, and under-served breast cancer survivor populations.



Big THANK YOU to the Susan G. Komen for the Cure North Carolina Triangle to the Coast Affiliate for the continued support to Get REAL & HEEL. The Get REAL & HEEL program and EXSS pledge to continue to work relentlessly to help fulfill the foundation's mission to find the cure for breast cancer.