

WHO WE ARE...

Left: Founder Mary Ann Wasil Nilan and some of the Get In Touch Girls



Get In Touch Girls' Program Breast Health Initiative

The program is the cornerstone mission of The Get In Touch Foundation®, and was developed specifically for girls in grades 5-12 to educate them on the importance of, and how to do a breast self exam – for life!

In collaboration with a medical consulting board that includes a school nurse, a pediatrician, an oncologist, a breast surgeon and a radiologist, GIT has developed the *Daisy Wheel®*. This highly innovative tool is introduced by health educators to girls beginning in 5th grade, when introducing topics of hygiene and the girls' changing bodies, and is taught annually through 12th grade. These "8 Tips" for "8-Straight" years of the Girls' Program will give the girls the foundation they need to practice BSE – for life!

Already being heralded in the medical community as a tool that will significantly alter the face of Breast Cancer, the Daisy Wheel® is now available to your school – at no cost!

Ours is a global breast health initiative; we aim to put a Daisy Wheel® in the hands of every girl in the world! Join us as we "change the world one girl at a time!"

If you are interested in having the Get In Touch Girls' Program at your school, please contact us at girls@getintouchfoundation.org.

National "GIT Your Pink On!®" Day is October 21, 2011



1 BSE Breast Self Exam
Think of your body

8 **Talk About It!**
tell your
mom, dad, sister,
grandma, school nurse,
teacher, **your BFF!**
GET IN TOUCH!

"New Haven (CT) Public Schools are proud to have adapted the Get In Touch Girls' Program breast health initiative, educating girls (and boys!) about the importance of breast self-exam. Our School Nurses have added the Daisy Wheel as curriculum to their health education efforts. We are excited about our collaboration with the GIT Foundation in their crusade against breast cancer."

-Public Health Nurse Director of New Haven

"The innovative and groundbreaking Get In Touch Girls' Program & Daisy Wheel empowers our girls with education and a healthy new understanding of their bodies, forever altering the face of breast cancer. Connecticut is proud to lead the way!"

-The Association of School Nurses of Connecticut

"The Daisy Wheel is a unique and interactive tool that empowers girls to develop healthy, life-long BSE habits, reducing the impact of breast cancer in our next generation. NASN is proud to support The Get In Touch Foundation's educational initiative to change the world one girl at a time!"

-National Association of School Nurses

"The Overseas School Nurses Association is delighted to have been instrumental in introducing the Get In Touch Girls' Program & Daisy Wheel breast health initiative to school nurses in more than a dozen countries at our annual conference. International, overseas school nurses now have resources for early detection and breast education at the school level."

-President of Overseas School Health Nurse Association



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ABOUT THE FOUNDER

On February 16, 2004 I was diagnosed with Stage 2 invasive ductal carcinoma — breast cancer. AUGH!

My two daughters were 12 and 13 years old at the time of my diagnosis and I knew one of the most important things I would ever teach them was the importance of, and how to do a BSE (breast self exam) — for life!

I developed the Get In Touch Girls' Program & Daisy Wheel breast health initiative for all girls - not just the ones that call me "Mom!"

Join us as we "change the world one girl at a time!"



Hope Lives-
Mary Ann

Mary Ann Wasil Nilan
Breast Cancer Kickin' Survivor
& Health Activist
Executive Director & Founder,
The Get In Touch Foundation



Get In Touch Founder, Mary Ann Wasil Nilan, is a
winner of The 2010 Oprah Magazine CoverGirl
"Giving Beautiful Back Award."

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THE
GET *in* TOUCH[®]
FOUNDATION

Our mission is to encourage gals of all ages to "Get In Touch" with their bodies, information, and each other in our crusade against breast cancer.

The Get In Touch Girls' Program & Daisy Wheel breast health initiative educates girls in grades 5-12 on the importance of, and how to do a breast self exam - for life.