



T H E  
**GET *in* TOUCH**<sup>®</sup>  
F O U N D A T I O N

*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.*

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**Who we are:**

The Get In Touch Foundation® is a grassroots non-profit organization located in Milford, CT. The organization’s central program is the **Get In Touch Girls’ Program & Daisy Wheel©** breast health initiative, educating girls in grades 5-12 on the importance of, and how to do a breast self-exam for life. The program is very easy to administer and has a clear purpose within the school environment. Numerous schools in Connecticut and around the US have adopted the program and had positive responses from students and school nurses alike. Given the ever increasing rates of breast cancer in the US and the particular growth of this rate among younger and younger women, the need for an educational program to help girls understand and “get in touch” with their breasts for early detection is growing in importance.

The program consists primarily of the Daisy Wheel which is an interactive tool specifically designed for girls in grades 5-12. The Daisy Wheel guides girls through the various steps or “petals” of a breast self exam using language appropriate and interesting to their age group and helps remove the stigma and clinical feel from the practice. The goal of the program is to encourage girls to view regularly “Getting in Touch” with their breasts as a normal part of their life.

There is no broader required curriculum to the program outside of providing each girl in grades 5-12 a Daisy Wheel. Distribution typically occurs through the school nurse and can be as simple as giving out the self-explanatory Daisy Wheels or as complex as involving the Daisy Wheel in a small group conversation to get girls and even boys to discuss the importance of the self-exam and reduce the stigma of breasts and breast cancer. The Get In Touch Foundation provides free access to an online video as well as talking points if the nurse or teacher in a particular setting would like to incorporate these aspects into their program.

The program and Daisy Wheels are available free of charge for schools who wish to participate. The initiative is funded through individual school participation in a “GIT Your Pink On” Day, which raises awareness and funds to support the initiative. Students and faculty are asked to consider wearing pink on the third Friday in October (or any other date) and make a suggested donation of \$1 to Get In Touch.

For additional information on the program, please visit [www.getintouchfoundation.org](http://www.getintouchfoundation.org) or contact Mary Ann Wasil Nilan, Executive Director and Founder of the Get In Touch Foundation and six-year breast cancer survivor, at 203.283.5127.