



2025 IMPACT REPORT



PROGRAM OVERVIEW: Sisters Helping Sisters (SHS) is a micro-grant program to provide grant funds to SNI local affiliate chapters for breast health programming. All chapters are eligible to apply through a competitive application process. Over 25 affiliate chapters submitted applications.

2025 SISTERS HELPING SISTERS AFFILIATE CHAPTER GRANTEES:

Sisters Network Inc. NE Florida Affiliate Chapter (Jacksonville, FL)
Sisters Network Inc. Orlando Affiliate Chapter (Orlando, FL)
Sisters Network Inc. West Central Florida Affiliate Chapter (Tampa, FL)
Sisters Network Inc. Leesburg Affiliate Chapter (Leesburg, GA)
Sisters Network Inc. Triangle Affiliate Chapter (Durham, NC)
Sisters Network Inc. Greensboro Affiliate Chapter (Greensboro, NC)
Sisters Network Inc. Central Virginia Affiliate Chapter (Richmond, VA)
Sisters Network Inc. SE Wisconsin Affiliate Chapter (Kenosha, WI)

Program Period: March - November 2025

OVERALL IMPACT FROM SISTERS HELPING SISTERS:

Direct Impact:
1,383
Total Attendees

Medical Experts:
Over
10
Medical Experts
Participated

Age Demographics
Women and Men Ages
25-75

MEDICAL EXPERTS

Deena Wahba, MMSc, LCGC
Cathy Shoemaker, RN, BSN, OCN
Dr. April Washington, RN, FNP, MD
Dr. Adrienne Cobb, MCW
Dr. Sharee Chance-Lawson, DO
Dr. Sandra Millon-Underwood, R.N., Ph.D
Katherine Reeder-Hayes, MD
Kyndall N. Truett, BS, ACSM-CPT, CET
Dr. Ryan Gabriel, MD
Arnethea Sutton, PhD

PARTICIPATING MEDICAL INSTITUTIONS & UNIVERSITIES

Baycare Health System
Exodus Recovery, Inc.
Georgia Pines Community Service Board
Drexel Town Square Health Center
College of Nursing at the University of Wisconsin—Milwaukee
University of North Carolina
Orlando Health Hospital
VCU/MCV Massey Cancer Center

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A NATIONAL AFRICAN AMERICAN BREAST CANCER SURVIVORSHIP ORGANIZATION



SHS GRANTEE BREAST HEALTH EDUCATION PROGRAMS/EVENTS:

SNI Chapter: NE Florida Affiliate Chapter (Jacksonville, FL)

Event: "Conquering the Fear of a Breast Cancer Diagnosis"

Goal/Purpose: This event targeted young black women under 50 for education on breast health and breast cancer, and the importance of being proactive participants in their own breast health care. The ultimate goal was to reach this population of young black women who are disproportionately affected by triple negative breast cancer and other aggressive forms of breast cancer, and are more likely to die than other ethnicities.

Date: October 11, 2025 – October 29, 2025

Attendees: 119 (In-person)

SNI Chapter: Orlando Affiliate Chapter (Orlando, FL)

Event: "3rd Annual "UNAPOLOGETICALLY PINK, Sneakers, Pearls & Purpose Let every step speak." 5K Walk/Run"

Goal/Purpose: This year's event was a powerful celebration of strength, hope, and unity as we came together to honor and celebrate breast cancer Survivors and Thrivers. Our guest speaker, Kyndall N. Truett, BS, ACSM-CPT, CET of Orlando Health Hospital, delivered an inspiring message on the importance of health, fitness, and early detection, encouraging participants to prioritize wellness and support one another in the fight against breast cancer.

Date: October 18, 2025

Attendees: 257 (In-person)

SNI Chapter: Tampa Bay Affiliate Chapter (Tampa, FL)

Event: "Walk in the Pink Awareness Walk"

Goal/Purpose: Fostered community and sisterhood by offering participants the opportunity to connect, support one another, and promote wellness while walking together along the scenic trails at Lowry Park.

Date: September 27, 2025

Attendees: 185 (In-person)

SNI Chapter: Southwest Georgia Affiliate Chapter (Leesburg, GA)

Event: "Because She Matters- Survivor Brunch & Tea"

Goal/Purpose: Educate breast cancer survivors and patients by emphasizing the importance of resilience and emotional well-being after diagnosis. The event focused on practical strategies to support and balance mental health during survivorship, helping attendees navigate life beyond treatment.

Date: October 11, 2025

Attendees: 75 (In-person)

SNI Chapter: Triangle Affiliate Chapter (Durham, NC)

Event: "20th Annual Tea For Two Pink Awareness Campaign"

Goal/Purpose: Educate and engage women across faith-based, community service, and healthcare communities about the importance of breast health. The event focused on increasing

awareness of breast cancer prevention by promoting access to breast health information, mammogram resources, and the importance of self-breast exams.

Date: June 7, 2025

Attendees: 330 (In-person)

SNI Chapter: Greensboro Affiliate Chapter (Greensboro, NC)

Event: "Surviving & Thriving Breast Cancer Symposium"

Goal/Purpose: Educate, empower, and support breast cancer survivors, patients, and their families by providing up-to-date, expert medical information on complex and high-impact topics such as Metastatic and Triple Negative Breast Cancer, delivered by a leading oncologist. Practical life-planning guidance through education on estate planning, helping attendees prepare for the future with confidence and clarity.

Date: June 14, 2025

Attendees: 125 (In-person)

SNI Chapter: Central Virginia Affiliate Chapter (Richmond, VA)

Event: Navigating Through Healing

Goal/Purpose: We had 3 great speakers:

Dr. Gabriel, a Radiologist from Henrico Doctors Hospitals developed the contrast mammogram that has allowed physicians to diagnose more women with breast cancer. He urged women to be your own best Advocate.

Arnethea Sutton, PhD is an assistant professor in the Department of Kinesiology and Health Sciences at VCU/MCV Massey Cancer Center. She explained the different types of clinical trial, how they work and how we can find the trial that is right for you.

Brehonda Lewis-Cuff, MS, LPC is a solo practitioner and owner of First Choice Counseling Service. She challenged us with "Sistas, What's on Your Plate?

Date: October 18, 2025

Attendees: 82 (In-person)

SNI Chapter: SE Wisconsin Affiliate Chapter (Kenosha, WI)

Event: "Pink Ribbon Sunday"

Goal/Purpose: Sisters Network Southeast WI hosted a total of 3 Pink Ribbon Sunday events at local churches which included Survivors sharing their breast cancer journeys in addition to a local medical professional giving a presentation on Breast Cancer Signs and Treatments. After the presentation there was an opportunity for a Q&A session with the Dr. & Survivors. At each event, refreshments were served in addition to a giveaway bag full of resources. We also had a Sisters Network resource table full of materials and membership applications. Nurses in attendance gave clinical breast exams after the worship service.

Date: 10/12/25; 10/18/25; 10/26/25

Attendees: 210 (In-person combined total)

