

**Attachment 3C.**

**Follow-Up Reminder**

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## ***Have you visited the Young Sisters Initiative: A Guide to a Better You Program Yet?***

**The Young Sisters Initiative: A Guide to a Better You! Program is an online program designed to provide African American, young breast cancer survivors (women diagnosed at 45 year of age or younger) with important psychosocial and reproductive health information and support.**

The online program provides users with information on issues including how to cope with having cancer as a young woman, dealing with fears of recurrence, concerns about fertility and sexual dysfunction, and ways to cope with the side effects of breast cancer treatment. **The YSI program provides information relevant for young women who are newly diagnosed, in treatment and post breast cancer treatment.**

It is the goal of the YSI workbook to not only answer your questions, but provide you with much needed support and direct you to additional resources available to assist you throughout your breast cancer journey.

**Please remember to visit the YSI program Web site at [www.sniyoungsurvivors.org](http://www.sniyoungsurvivors.org) for more information.** You can also connect with other young breast cancer survivors through the Sisters Network Inc. Social Networking Web site at <http://sistersnetwork.ning.com/main>.