



**Are you a breast cancer survivor?**

**Are you interested in a six week program?**

**Do you want to help other survivors learn more about the health benefits of spending time outdoors?**

**To participate you must:**

- ❖ Have a history of breast cancer
- ❖ Be done with initial breast cancer treatment
- ❖ Live in Milwaukee metropolitan area
- ❖ Be post-menopausal



*Data will be collected by survey, interview, wearable device, & blood draw.  
Participants will be compensated.*

**Call or email Charissa at (414) 955-8325 / [getoutside@mcw.edu](mailto:getoutside@mcw.edu)**

[www.mcw.edu/GETOutside](http://www.mcw.edu/GETOutside)