



Young >> Survivors In Action

#MovingForward

YOUNG SURVIVORS IN ACTION (YSIA)

Young Survivors in Action has one goal- to focus on our survivors holistically. Providing education, support, and networking events that focus on the whole person- physically, mentally, and emotionally. We know firsthand how a breast cancer diagnosis can turn a world upside down, and we are here to help navigate the twists and turns at any point!



Join a FREE monthly virtual program!
Choose from Healing Meditation,
FUNctional Fitness, or Yoyalates!
Feeling adventurous? Try them all!



Join us on an active adventure
out and about! Try something
new and connect with other
young survivors in-person!



Stay up-to-date by joining DBCC's
survivorship e-newsletter and following
@YoungSurvivorsInAction on Facebook
and on @DeYoungSurvivors Instagram!

Contact

Stephanie Cumella
YSIA Program Manager
Young Survivor
(302) 672-6435 Ext. 1005
scumella@debreastcancer.org
www.youngsurvivors.org



This program is brought to you by



www.debreastcancer.org