

Wellness Programs - Her Story

BECAUSE OF YOU...

Eileen found guidance.

"I'm a pretty strong person, but after my diagnosis I just felt lost at sea. I was looking for someone to give me a shove in the right direction. That was what Unite for HER did for me—you put me on the track and helped me see where I needed to go.

I used my Wellness Passport for acupuncture, hoping that it would help with the neuropathy in my hands and feet. The first two treatments were helpful, and after the third treatment the relief was almost immediate—I walked out and felt like a million bucks! I hadn't expected it to help with the crippling fatigue I was experiencing, but it did that too. When you are going through treatment, you don't always want to tell the people you love how you are struggling. My acupuncturist, Dr. Stroz just knew, and let me get it all off my chest. I probably wouldn't have tried acupuncture without Unite for HER, but now I know I will keep going for the rest of my life.

Unite for HER let me see the breast cancer as a gift—not everyone gets a wake up call like I did. My experience with Unite for HER allowed me to see all the beautiful things, all the kindness shown to me during that time. **I can't put into words how much you helped me. I am so grateful to Unite for HER for allowing me to see this past year as a positive, meaningful time in my life."** *Eileen*



Aimée found strength.

"I had no idea how to get through my breast cancer journey. Unite for HER guided me through nutrition, it gave me tools to take care of myself, and connected me with other women who knew exactly what I was going through. When I attended my Wellness Day, I felt for the first time that people understood exactly what I needed to start healing. Through Unite for HER, I received acupuncture, massage, and Reiki. These treatments helped me to deal with the pain and connected my spirit to my new body. Along with the physical support, the Unite for HER website and social media is so important to me. **The tips, advice, and nutrition continued to guide me even after I completed my Wellness Passport.**

My needs have changed along my almost two-year journey, but Unite for HER has been there with me throughout. I am so grateful to Unite for HER for giving me the strength I needed!"

Aimée

