

Diagnosed on my 35th
birthday



Cierra Sisters was created



18 years later: Diagnosis to my lungs and liver

"Today you slay dragons while you walk in your strength" -BHHH



Today in

November 2014

*They told me I had metastatic breast cancer disease,
I found strength in spite of this news...*

So my doctor told me I
would never sing again



Bonnie



CEPs “train the trainer” educational tool kit was developed. It was important to have an evidence-based program for our community. We recruited 14 women from Cierra Sisters who went on to educate more than 100 others from within their social networks about prevention and early detection and how to navigate through this complex health care system.

- Peer education has the potential to reduce breast cancer disparities.**
- Partnering Organizations:**
- Fred Hutchinson Cancer Research Center (NCI-designated cancer center)**
- Fourteen AA women were recruited to serve as peer educators (Community Empowerment Partners (CEPs)); the women participated in a one-day train-the-trainer workshop. Within six months, each CEPs conducted at least two peer breast cancer education workshops, and each reached a minimum of 10 community members. Participants completed a pre-test and a post-test.**

Community Empowerment Partners: Examining the use of peer education to empower African American women to improve breast health

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**Trained (CEPs) Ready To Educate
and Push Up Their Community**

CEPs ECANA national training March 2019
Eleven States represented
Educating & Empowering Women in the
community about endometrial cancer



Life is worth living! This is my reason
to advocate and educate everyday...

