



Supporting women in their recovery after breast cancer.

**Have you experienced breast cancer?
Are you post treatment?
Is being active still a challenge?**

Would you like to participate in a supervised exercise programme to help with flexibility and strengthening combined with fun activities with others sharing your experience?



Through a holistic approach based on Health-Related Physical Activity (HRPA), EmpowerHer promotes physical and mental well-being, social reintegration, and cross-border collaboration. The initiative brings together universities, hospitals, sports organizations, and research centers from six EU countries to deliver tailored exercise programmes, professional guidance, and a supportive mobile app for Women.

Read more about Empower Her Life on <https://empowerherlife.eu>

Surpass Sport Systems Ltd. are partners to the Empower Her project and are now recruiting participants for the project pilot programme, to run over **12 weeks** from **September to December 2026**.

Adrian Geissel
CEO, Surpass Sport Systems

Participants will be assigned to a trained facilitator in groups of 5 - 7 who, following an in-person assessment, will agree a personal exercise programme shared with through the **Empower Her Life** mobile app and with periodic review during the pilot programme.

Participants will also be invited to participate in social and motivational activities organised by facilitators during the pilot period.

To register, complete the form below, fold and seal and return to the address overleaf. Closing date for completed applications is **Friday, 4 Sept 2026**.

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You give your consent to the secure storage, access and processing of your personal data provided in connection with this project.



Private and confidential



Adrian Geissel

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