

Handout #7: Adaptation Practice Letter

I. Welcome Letter from the University of Florida's Breast Cancer Screening Program:

[Date]

Dear [insert participant's name],

Welcome to "Get Screened," the University of Florida's Breast Cancer Screening Program. We are glad that you want to learn more about ways to lower your risk for breast cancer. During this two week program you will learn about how to decrease your risk for breast cancer by getting a test called a mammogram. Also, you will learn other ways to become healthier. For example, you will learn what you should and should not eat and why smoking can harm you. You will hear stories from women who had breast cancer. Also, you will receive tips on ways to talk with your doctor about questions you may have about breast cancer.

There are three parts to this program: a bi-weekly newsletter, three dinner sessions at your church, and weekly meetings at the community center. During each dinner session and weekly meeting there will be a chance to win coupons to a local grocery store.

We look forward to seeing you at our first meeting on [insert date of first meeting].

Sincerely,
The "Get Screened" Team