

On October 26, 2015, the District of Columbia Courts' Working on Wellness Committee, W.O.W., hosted its first breast cancer awareness event for court employees. Breast cancer is nationally recognized during the month of October and according to the National Breast Cancer Foundation is the second leading cause of death among women. *Breast Cancer: the Risk, the Cause, the Cure* delivered an engaging, educational, and inspirational program for attendees.

The program began with a warm-up with 'Quick-fit' exercise bands, led by W.O.W., and was followed by a presentation from Jeanette Jeffery of Kaiser Permanente. Ms. Jeffery explained the importance of early detection, including the proper way to perform self exams, how the disease develops, its stages, effect on the lymph node system and the range of treatments. The program continued with a personal story of overcoming breast cancer by Edith Clipper, a Family Court employee. Ms. Clipper was diagnosed with breast cancer in 2010 and her story of survival has given her the determination to live each day to the fullest. Trenton Robinson of the Washington Redskins personally thanked her for sharing her story and remarked on her strength, saying her battle took so much more than anything he and his teammates have to face on the field. He then explained to the audience how much pride he takes in wearing pink during October. Robinson concluded the program stating, "If you are dealing with breast cancer, the NFL is supporting you, my teammates are supporting you, and we love to throw on our pink for this cause."