

STILETTO STAMPEDE

» ANNUAL REPORT 2014



StilettoStampede.org

LETTER FROM OUR FOUNDER

2013 was a great learning experience for the entire organization and the board. Through hard work, dedication and passion, we refined our Boob Camp program and formalized an official partnership with Seton Medical, which led to a permanent home for Boob Camp.

In an effort to minimize expenses and maximize impact, we streamlined operations, which led to the elimination of a full-time executive director and we relied instead on strategic contractors and volunteers. Additionally, we modified our mission to focus solely on serving Austin and as a result, the awareness events and program development in other Texas cities discontinued.

The changes mentioned above were fully supported by the board and yielded positive results throughout the year.

MISSION

The Stiletto Stampede is a non-profit organization based in Austin, Texas. Our mission is to develop, maintain and support Boob Camp, a collection of free breast cancer wellness programs designed to help facilitate the physical, social and emotional aspects of breast cancer recovery in the Austin community.

Our mission is to
develop, maintain
and support
Boob Camp



BOOB CAMP

Stiletto Stampede's Boob Camp is a FREE two-part program designed to concentrate on the physical portion of breast cancer recovery as well as the social and emotional aspects of healing. Our post-treatment fitness program designed to focus on flexibility, range of motion, general fitness and emotional support through group exercise.

Boob Camp is also a unique opportunity for individuals to socialize and meet others within the breast cancer community. In addition to the social aspects, Boob Camp also provides a fun and interactive educational opportunity for individuals to learn more about women's health, wellness and beauty.

Each Boob Camp class will mix stretching, strength training and cardio and will last one hour. Our program is free to all participants, whom must have a release from their doctor to participate. Currently held at the Seton Breast Care Center, Boob Camp yoga classes are held twice a week on Tuesdays at 6pm and Saturdays at 8 am.

BOOB CAMP YOGA

Boob Camp Yoga is a FREE twice-monthly class focused on gentle yoga techniques for strength building, flexibility and emotional recovery for individuals who have undergone any breast cancer related treatment. Currently held at the Seton Breast Care Center, Boob Camp yoga classes are held twice a month on Thursdays.

PROGRAM IMPACTS

In 2014, we formed a wonderful partnership with the new Seton Breast Care Center and established a permanent home for Boob Camp. May through December, we held just over 75 Boob Camp classes serving on average 3-4 women per class. Classes focused on range of motion, flexibility, strength training, cardio and yoga. Additionally, our Boob Camp classes have provided a positive and safe environment for breast cancer survivors to seek new friendships and emotional support through group exercise.



THOUGHT LEADERSHIP

In addition to developing, managing and growing our Boob Camp program, we are very active on the digital front to ensure our audience has the latest breast cancer trends and information at their fingertips.

RAISING AWARENESS & FUNDS THROUGH POSITIVE COMMUNITY ENGAGEMENT

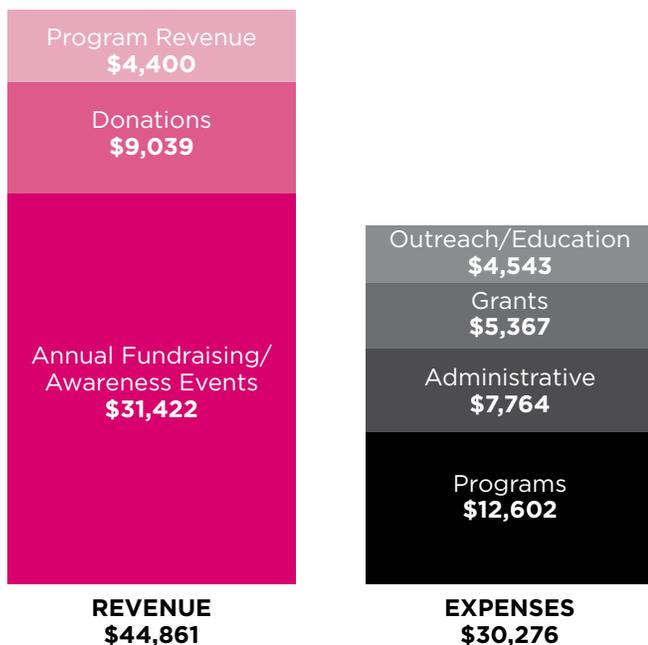
- Stiletto Stampede 100-Yard Dash in Heels
- FORE! Boobs
- Fashionably Pink

HEALTH FAIRS & COMMUNITY INVOLVEMENT

- Pink Party in Leander, Texas
- Young Survival Coalition
- Texas Conference for Women
- City of Austin Health Fair

RESOURCES & FINANCIAL MANAGEMENT

Stiletto Stampede is 100% run by the generosity and expertise of part-time professionals, board members and volunteers. Below is a snapshot of our finances.



FORE! BOOBS

