

## Grade School Friends Survive Triple Negative Breast Cancer and Develop a Treatment Support and Comfort Suite

Washington, D.C., November 23 – Triple Negative Breast Cancer survivors Elizabeth Sargent, 40, and Melanie A. Nix, 39, grade school friends who met at and graduated from Georgetown Day School, unveil their breast cancer treatment comfort suite™. The collection is designed to motivate and inspire breast cancer patients undergoing treatment and includes:

- You Have Breast Cancer...Now What? We Did - Inspiration for Moving Through Breast Cancer Treatment, Planting Some New Roots and Blossoming Again – a journal full of inspiration and practical solutions for the life altering impacts of treatment
- A bracelet to serve as a token of strength
- FIVE follows Elizabeth's trip down the rabbit hole of breast cancer and treatment and out the other side
- huMAN huGs™ motivational card for breast cancer patients
- Toasting flutes for celebrating survival and treatment milestones
- Stylish scarf to be used as a head cover for treatment related hair loss
- The softest grown-up "baby" blanket to provide warmth and comfort during chemotherapy or radiation doctor visits
- A recycled tote to carry necessary items to hospital and doctor appointments
- Spring Wind® cream to help skin stay healthy during radiation

A portion of the proceeds from the comfort suite sales will be donated to the Triple Negative Breast Cancer Foundation<sup>SM</sup>. The unique product mix, great as a group or individual gift, is available for \$150.00 at [www.human-expressions.com](http://www.human-expressions.com). The journal, FIVE, huMAN huGs™ and the bracelet are also sold separately.

"Unlike traditional get well packages, ours provides an uplifting guide through treatment. The journal provides tips and templates for addressing emotional and some physical side effects of treatment. Journal sections and products correspond to different phases of treatment. The bracelet provides a token of strength as well as a gorgeous piece of jewelry for the first item on the journal's Instant Gratification List. The toasting flutes are incorporated to celebrate survival and treatment milestones and correspond to the journal's Event Planning section. Elizabeth Sargent, a five year survivor explains, "My autobiography FIVE chronicles my journey to the five year survival milestone, even when facing seemingly insurmountable obstacles, and we hope to inspire other breast cancer patients and survivors."

"The journal highlights our honest, provocative and sometimes humorous experiences, insights and lessons learned and provides a handbook through the often long and painstaking treatment process," says Melanie A. Nix, a one year survivor. "It also includes preprinted coupons/thank you cards for breast cancer patients to provide to those asking 'what can I do?' huMAN huGs™ provide motivational and uplifting messages for the path to healing."

Elizabeth Sargent and Melanie A. Nix co-wrote You have Breast Cancer...Now What? Both women lost their mothers to breast cancer at the age of 49 and both survived an aggressive form of the disease in their 30s. Elizabeth Sargent, a married mother of one, is an internationally acclaimed author, real estate developer, and Certified Yoga instructor. She holds a B.A. in Politics as well as a Masters degree in Applied Communication. Her guiding principal is that life is not too short to live unconsciously, it is too precious. Melanie A. Nix, a married mother of two, is creator of huMAN hugs™ - helping uplift greeting cards for breast cancer patients and survivors and wants to share messages of compassion and uplift to breast cancer patients and survivors worldwide. An accomplished speaker, her motivational messages encourage others to pursue their passion to extract the most from life. She holds a B.A. and MBA and is owner of huMAN Expressions™, a social stationery and design firm. Recently profiled by NBC, Melanie discusses the package and surviving triple negative breast cancer at <http://www.msnbc.msn.com/id/3032619/vp/33519929#33519929>.

For more information, visit [www.human-expressions.com](http://www.human-expressions.com). ###