EMPOWER HER

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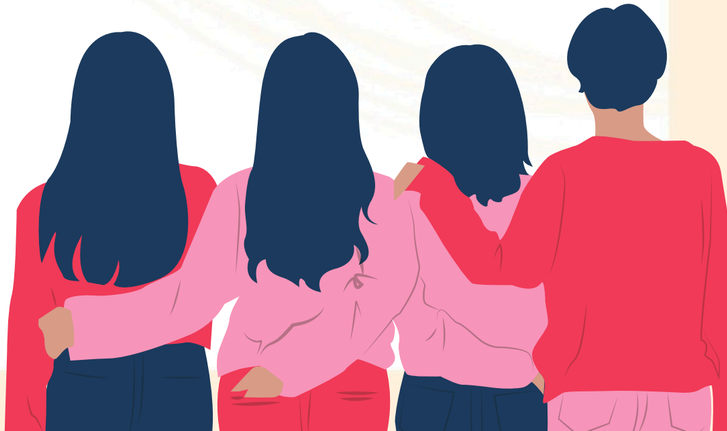
VNIVERSITAT DE VALÈNCIA

EMPOWERHER:

Connecting Technology, Exercise and Community in Breast Cancer Recovery



ImpacTO
19th November 2026



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OUR TEAM

EU PROJECT NO. 101185004

- University of Valencia (UV)
- Surpass Sport Systems (Surpassport)
- Olympiacos (OSFP)
- Supercomputing and Networking Center (PSNC)
- Stichting Sports and Technology (CST)
- European Platform for Sport Innovation (EPSI)



HOW DID IT ALL START?

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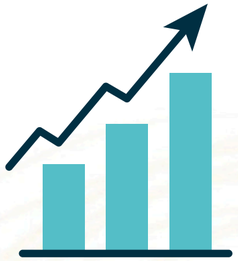
EMPOWER HER is born from a need

Breast cancer is the most prevalent cancer worldwide





1 in 8 women develop breast cancer

85.2%

- Five-year survival rate in Europe



Persistent symptoms and psychosocial challenges

*Our aim? Improve the **quality of life** of breast cancer survivors*

HOW?



Physical Activity

+



Technology

+



Community building

HOW?


+

+


+Co-Creation

2024 2025 2026 2027

Nov	Dec	Jan	Feb	Mar	April	May	June	July	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	April	May	June	July	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	April

Research



HOW?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+


+Co-Creation

2024 2025 2026 2027

Nov	Dec	Jan	Feb	Mar	April	May	June	July	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	April	May	June	July	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	April

Research

3 International Expert Panels



HOW?





+Co-Creation

2024 2025 2026 2027

Nov	Dec	Jan	Feb	Mar	April	May	June	July	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	April	May	June	July	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	April

Research ✓

5 Local User Panels

3 International Expert Panels ✓

267 Post-Panel Surveys




HOW?


+

+


+Co-Creation

2024 2025 2026 2027

Nov Dec Jan Feb Mar April May June July Aug Sep Oct Nov Dec Jan Feb Mar April May June July Aug Sep Oct Nov Dec Jan Feb Mar April

- Research ✓
- 5 Local User Panels ✓
- 3 International Expert Panels ✓
- 267 Post-Panel Surveys ✓
- Development and training
- EmpowerHer Pilot

EMPOWER HER EXPERIENCE

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EMPOWER HER

EXPERIENCE

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START DAY 1

- Onboarding to the project and the app



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EXPERIENCE

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START DAY 1

- Onboarding to the project and the app
- Participants meet their facilitators and they set goals



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START DAY 1

- Onboarding to the project and the app
- Participants meet their facilitators and they set goals
- Participants get assessed





EMPOWER HER EXPERIENCE

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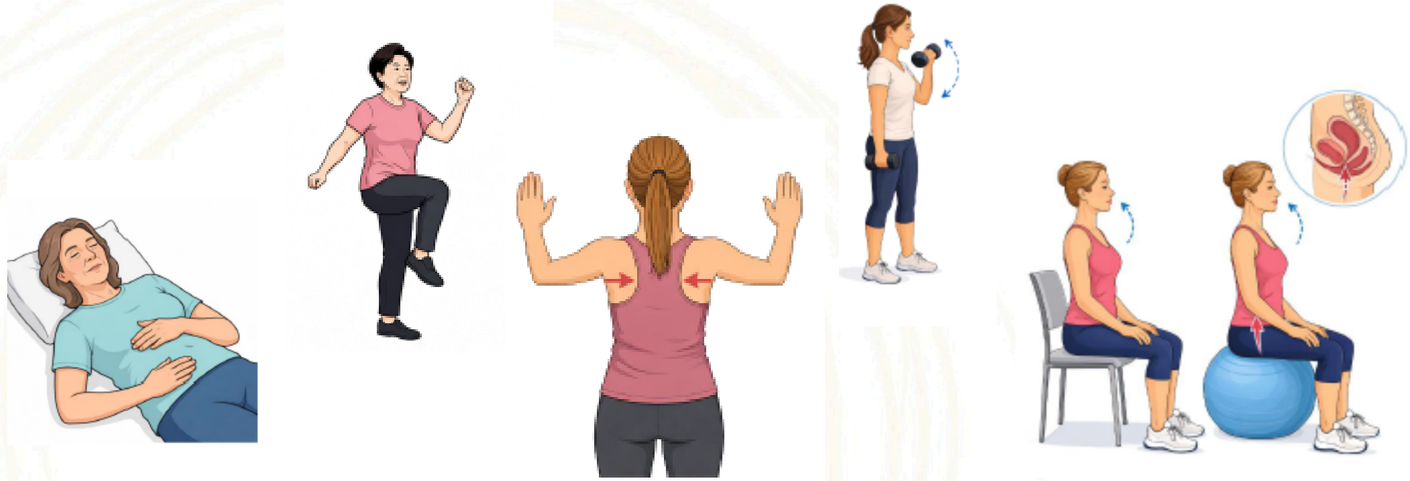
Exercise Programme





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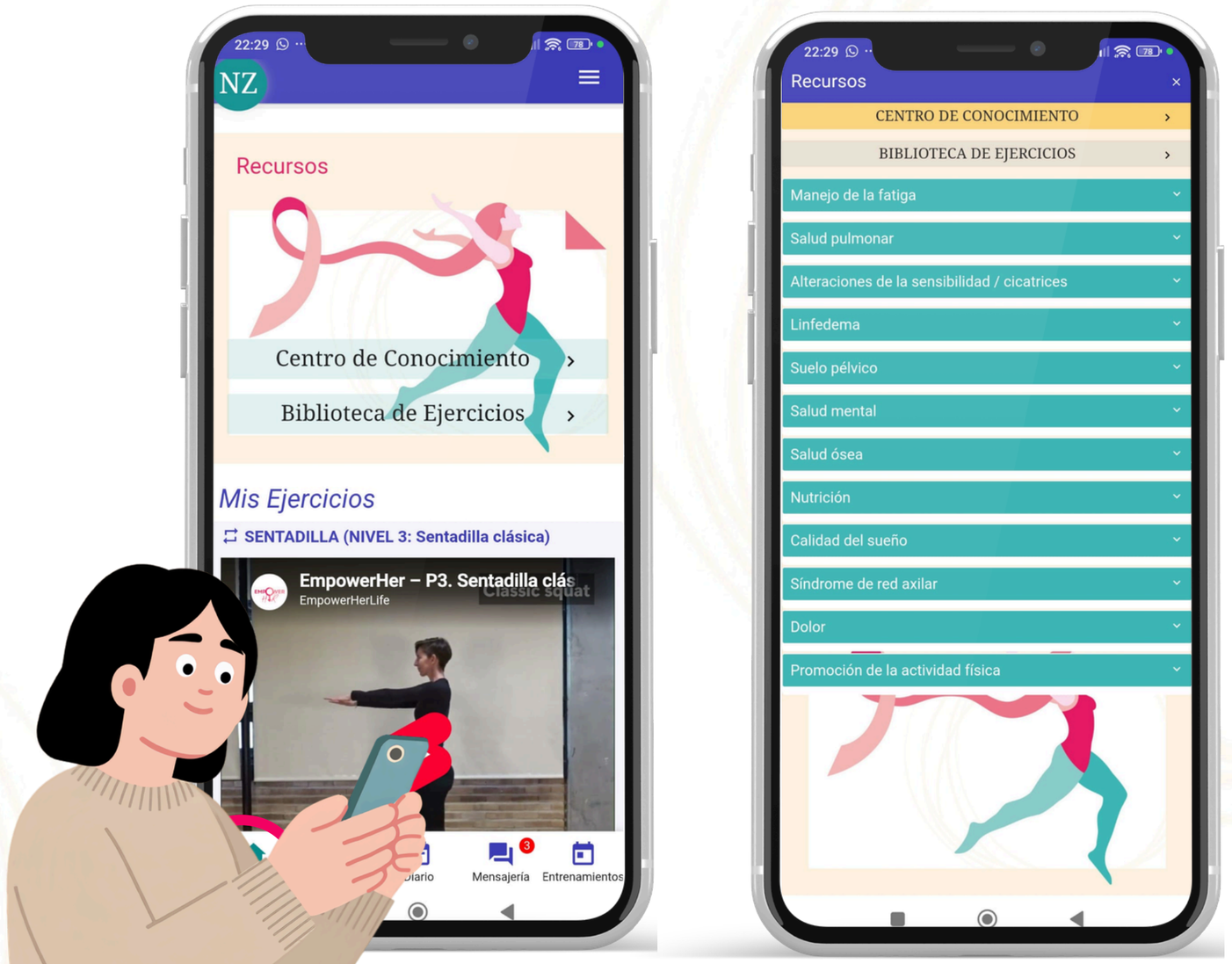
- Exercise Programme
- **Educational Content**



EMPOWER HER EXPERIENCE

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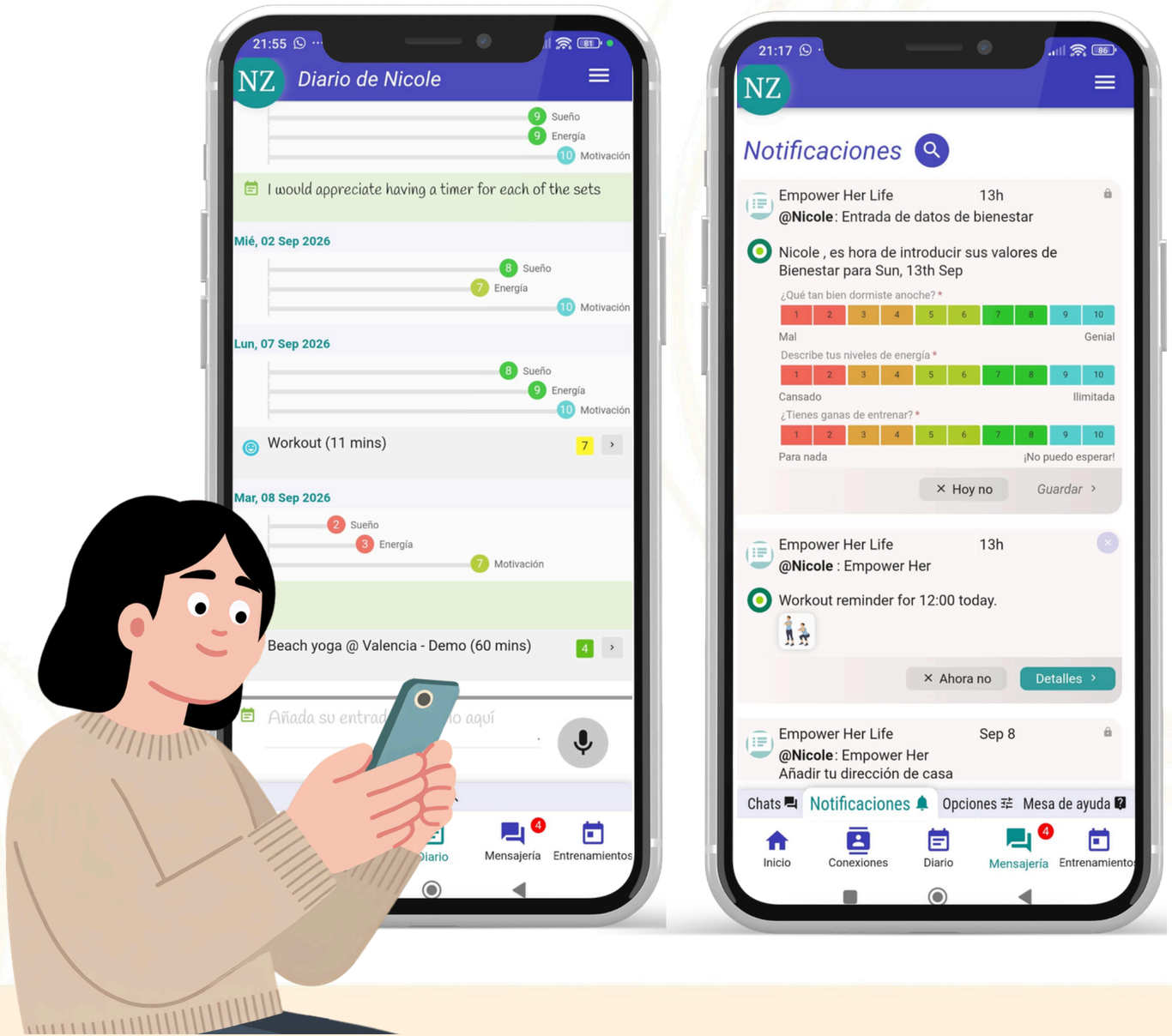
- Exercise Programme
- Educational Content
- **App tools**



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- Exercise Programme
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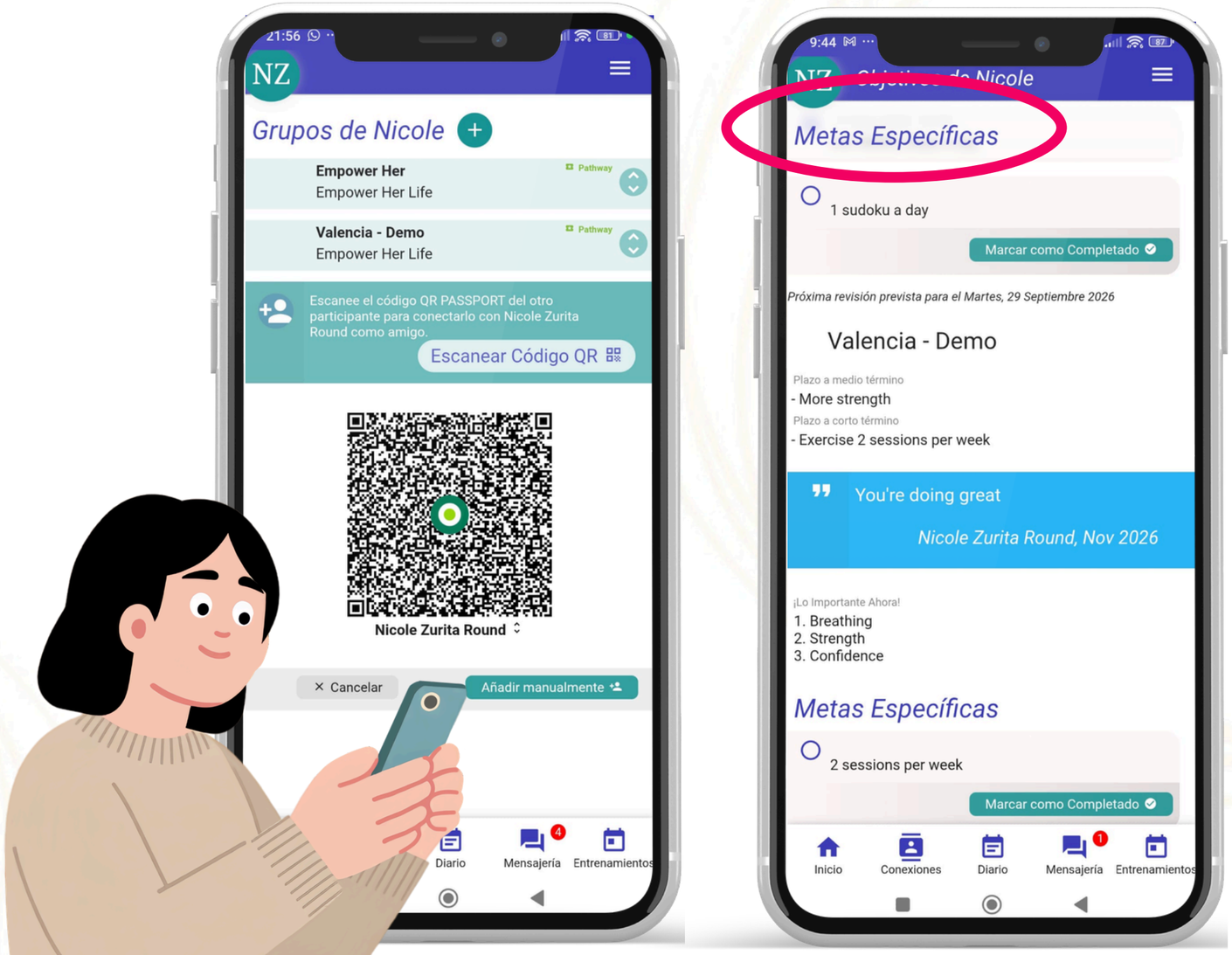

EMPOWER HER EXPERIENCE

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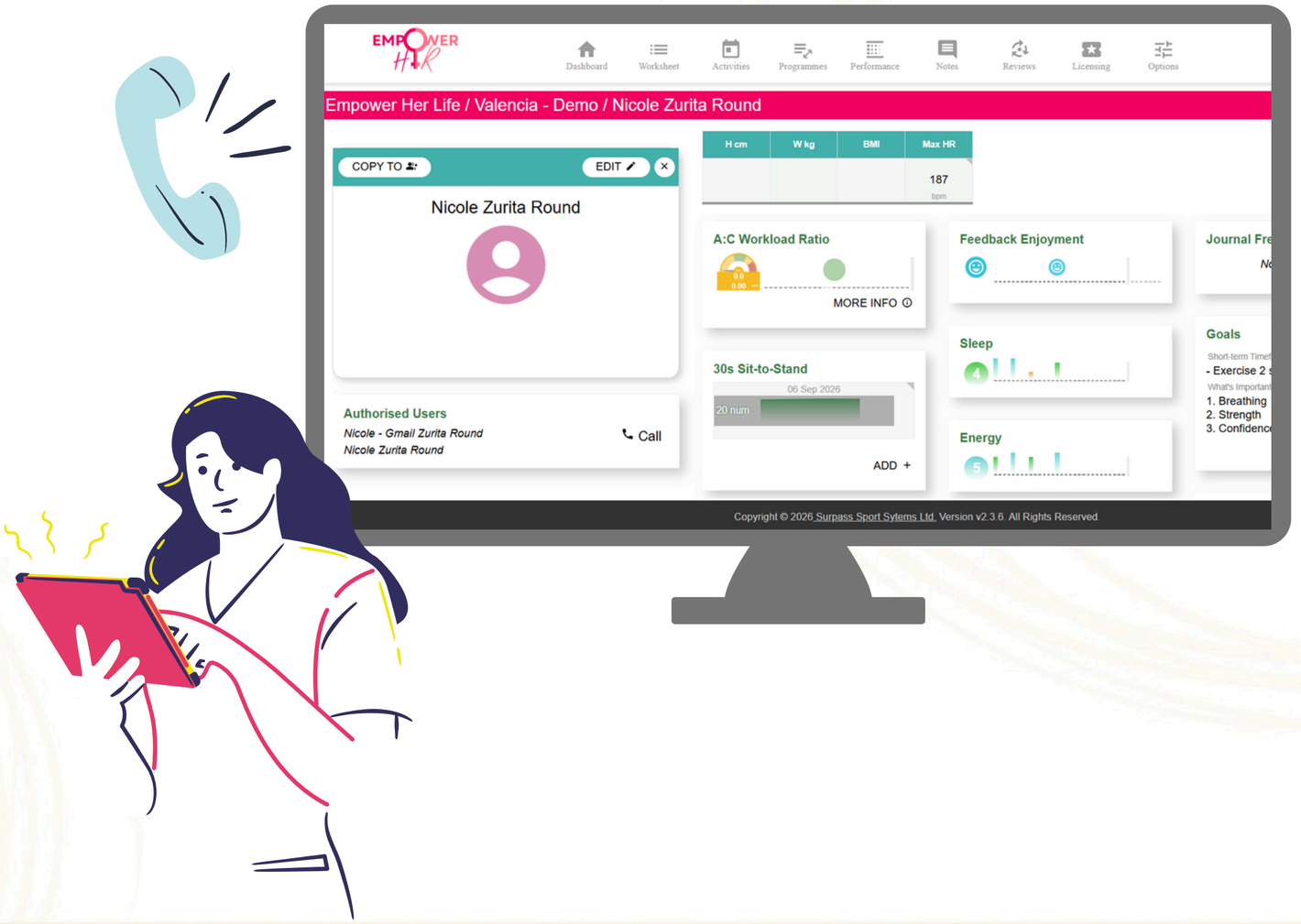
- Exercise Programme
- Educational Content
- App tools
- **EmpowerHer Portal**



EMPOWER HER EXPERIENCE

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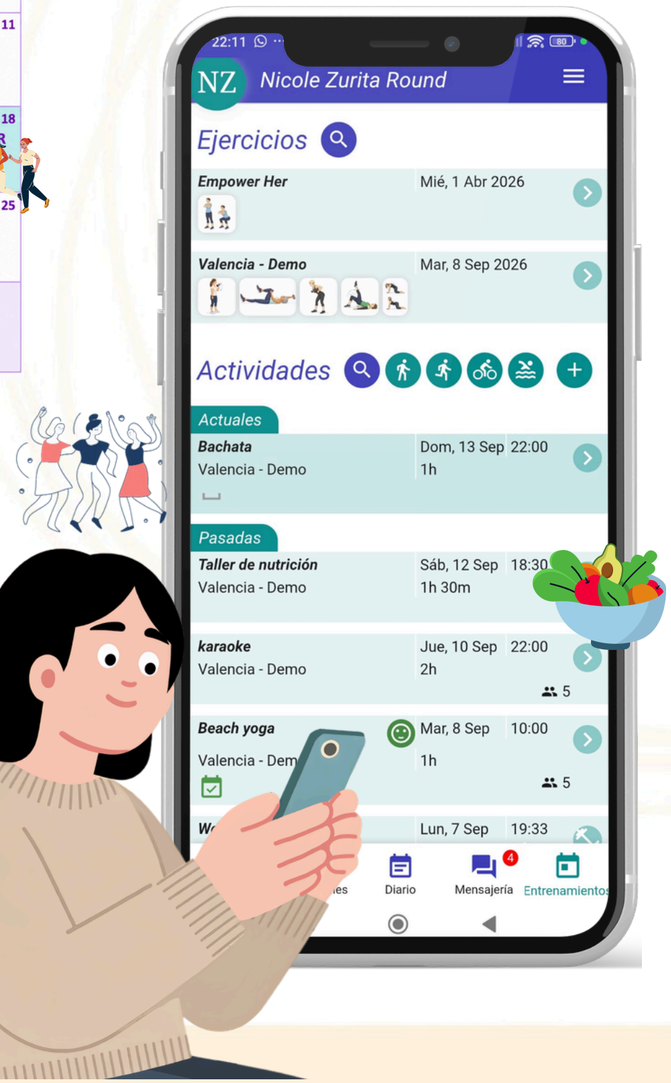
- Exercise Programme
- Educational Content
- App tools
- EmpowerHer Portal
- **Motivational Activities**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 LYMPHEDEMA AND SELF-MASSAG… Faculty of Physiotherapy M03	2	3	4
5	6 STRENGTH TRAINING Faculty of Physiothe… Multipurpose Room	7	9	10	11	
12	13	14	15	16	17	18 BREAST CANCER RACE
19	20 PELVIC FLOOR TALK MULTIPURPOS…	21	22	23	24	25
26	27	28	29 BACHATA Faculty of Physiotherapy M03	30	31	



A variety of weekly activities based on their preferences

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Thank you!

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Surpass Sport Systems

ensieu European Platform for Sport Innovation

CLUSTER SPORTS & TECHNOLOGY
Innovation for Performance & Vitality

PCSS

ΟΛΥΜΠΙΑΚΟΣ ΣΥΝΔΕΣΜΟΣ ΦΙΛΑΘΛΩΝ ΠΕΙΡΑΙΩΣ 1925

Join our community to not miss anything!

EmpowerHerLife

eu_empowerherlife

empowerher@uv.es

Special thanks to all of our participants!

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