

INTERNATIONAL
**Dragon Boat
Festival 2010**
PETERBOROUGH · CANADA

for
Breast Cancer
Survivors



BULLETIN #7

February 22, 2010

More About Workshops

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Party!



www.survivorsabreast.com

More About Workshops

Attention Team Managers: we sent out Bulletin #5 in January about workshop topics asking you to select your team's top four choices so we can meet your teams' interests and needs.

We haven't received enough responses to proceed so
WE NEED YOUR HELP PLEASE!

If you have not already done so, please email this information to Heather Peachey at heatherpeachey@hotmail.com by *March 5, 2010*. Later in March, we will let you know which four workshops have been chosen and how many members from each team can attend. We have listed the workshop topics and descriptions for you again:

KNOW YOUR TEAM

Learning about the different personalities that make up any dragon boat team can help you create a stronger group. Come and enjoy learning how to communicate effectively with all personality types. Knowing your own personality type can improve communication and co-operation.

LAUGHTER IS THE BEST MEDICINE

We all know laughter is a very important tool in managing life and stress. Join our guest speaker and get in touch with your inner child and have a laugh doing so!

LAND EXERCISING

Come and enjoy learning how to do safe and effective stretches and exercises. This will help you become a stronger paddler and increase your flexibility.

WATER EXERCISING

Learn how to improve overall wellbeing and strength working with water. Come and enjoy this special program created for the 2010 races.

DANCE/DRUM FOR JOY

Join our guest presenter to learn how to dance/drum your way to joy! We'll learn different methods of dancing/drumming and how we can reduce stress and increase strength through these methods.



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COPING WITH TEAM LOSS

Join in a discussion about how to cope with team loss. Learn ways to recognize the pain and sorrow of those losses and also how to ensure your former teammates are remembered.

ART THERAPY

Learn about art therapy. Try different approaches to drawing and one will be sure to suit you. All supplies will be provided.

FUELING THE DRAGON BOATER

Join a nutritionist/naturopath as we learn about the best fuel for dragon boaters. Learn ways to increase health, wellness and strength naturally.

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Facebook

If you are a Facebook junkie, sign up for the festival's new Facebook group (more than 60 members so far) and get to know each other before June. It's also a good way to keep up with news as we get closer and closer to the festival.

www.facebook.com/group.php?gid=251782838963

To become a member, click the group's name, and then click "Join this Group" under the group picture on the right side of the screen.

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Party!

We are planning a pink gala evening for you and the theme is "PINK... *Get the Party Started!*"

Check out the theme song by Pink!

<http://new.ca.music.yahoo.com/singleVideo/?vid=2154193>

There will be more details to come on the gala events.