

Have you had breast cancer?

Are you looking for
fitness, fun and fellowship?



Paddles up!
Join our dragon boat team!



www.survivorsabreast.com

“ You will reduce the risk of death from breast cancer by 67% simply by doing 2 to 3 hours of exercise each week.

Paddle for your health, paddle for your family, paddle for your friends, paddle for fun, paddle to make a difference! ”

Dr. Donald McKenzie MD. PhD
*Professor and Director, Division of Sports Medicine,
University of British Columbia*

“ When I was diagnosed, I shut down. Becoming a member of Survivors Abreast meant having the love and support of extraordinary people who have learned to make every day count. ”

Gloria Wray

“ Survivors Abreast is a cocktail of passionate, feisty, caring, hard working, determined and wonderful women. It’s an honour to paddle with them. They have changed my life. I love them to pieces! ”

Pam Birrell

As part of the Survivors Abreast team you will:

- Raise awareness of breast cancer in our community
- Increase physical fitness
- Compete in a full season of dragon boat racing
- Support cancer care and the Breast Assessment Centre at the Peterborough Regional Health Centre

www.survivorsabreast.com

Survivors Abreast Dragon Boat Team is host of Peterborough’s Annual Dragon Boat Festival and the 2010 International Dragon Boat Festival.

Early detection saves lives!

