

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

for  
Breast Cancer  
Survivors



## **BULLETIN #5**

**January 18, 2010**

*Workshops*



[www.survivorsabreast.com](http://www.survivorsabreast.com)

Greetings and Happy New Year to everyone!

We are planning to offer four workshops on a variety of topics and we need your input. Team managers: please consult your members and send us your team's top four choices for workshop topics. Here is a brief description of eight possible topics. What grabs your team's interest the most?

### **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.

### **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.



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### **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.



*Heather Peachey*

Please e-mail your team's four choices in no particular order to Heather Peachey, who is a member of Survivors Abreast and in charge of workshops, at [heatherpeachey@hotmail.com](mailto:heatherpeachey@hotmail.com). If you want to get fancy, you can use the attached form "workshop form.doc" to send to Heather by e-mail or snail mail. You can fill it out on your computer, "save as" and attach it to your e-mail.

She'll be really impressed!

Please return your choices to us before *February 10, 2010*.

You are probably wondering how many team members can attend each of the four workshops we end up offering and how many of the four workshops team members can go to. We will get back to you with answers later as well as information about locations and facilitators.