Have you had breast cancer?

“Joining Survivors Abreast is the silver lining that came from having my breast cancer diagnosis. I have a new sense of purpose, joy and a fellowship that I didn’t know ever existed.” - Peggy Quirion

Paddles Up!
Join our dragon boat team, host of Peterborough’s annual dragon boat festival.

www.survivorsabreast.com
facebook.com/survivorsabreast

“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, and founder of the breast cancer paddling movement.
“Joining the team is probably the best thing I could have done for my emotional well-being. When I am paddling, somehow I don’t think about having breast cancer. Paddling keeps me in the moment and I feel safe.” – Michelle Thornton

“Survivors Abreast is a kinship. We are a team of survivors who have had a life changing experience and when we are on the water, our fears and anxieties drift away. Survivors Abreast is a lifeline of support on and off the water. Did I mention the best part? We have fun!” – Marilyn Buxton

As part of the Survivors Abreast team you will:

- Participate in a season of dragon boat paddling
- Raise awareness of breast cancer in our community
- Enjoy camaraderie and teamwork
- Increase physical fitness
- Support cancer care and the Breast Assessment Centre at the Peterborough Regional Health Centre
- Support Peterborough’s annual dragon boat festival as the host team

“Early detection saves lives!

info@survivorsabreast.com

Photo courtesy of Peterborough Clicks, Peter Curley Photographer