

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.

“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



Photo courtesy of Peterborough Clicks, Peter Curley Photographer

“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

Early detection saves lives!

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