



Breast cancer survivors dragon boat team
RECRUITING NOW

Raising awareness and offering support through sport



MOVING FORWARD, TOGETHER WITH YOU
OPEN DAYS

April 22nd/May 20th 2018 at Noon
at St. Neots Rowing Club, PE19 2PZ

Meet the team for a chat and a cuppa
Non-paddlers and supporters welcome

☎ 07730556788 ✉ info@saintsandsurvivors.org.uk

🌐 www.saintsandsurvivors.org.uk  SaintsAndSurvivors

Why Dragon Boating?

Extensive research has identified that upper body exercise is not only safe, but therapeutic for Breast Cancer Survivors.

Dragon boating can:

- Limit and in some cases reduce lymphedema
- Provide a friendly support network of like-minded people
- Provide a source of fun exercise in beautiful surroundings.

Why Saints & Survivors?

It is a new initiative sponsored by St Neots Dragon Boat Team to support people whose lives are being impacted by breast cancer.

The team has members who have shared your experience so we have an understanding of the support needed.

Saints & Survivors has:

- Free of charge usage of all dragon boat equipment for BCS Survivors
- Access to experienced dragon boat and fitness coaches.

Why me?

Because

- You are a breast cancer survivor of any sex, age or level of fitness
- It has been 3 months (by event date if paddling) since your treatment has elapsed
- You are going through treatment and think this could be for you in the future
- Nature has thrown one of its toughest challenges at you and you are still here fighting it.
- Imagine what you and a team of friends with the same experience, drive and spirit can achieve!
- Dragon Boating can provide you with a fun activity to help you keep moving forward
- You are exceptional!



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