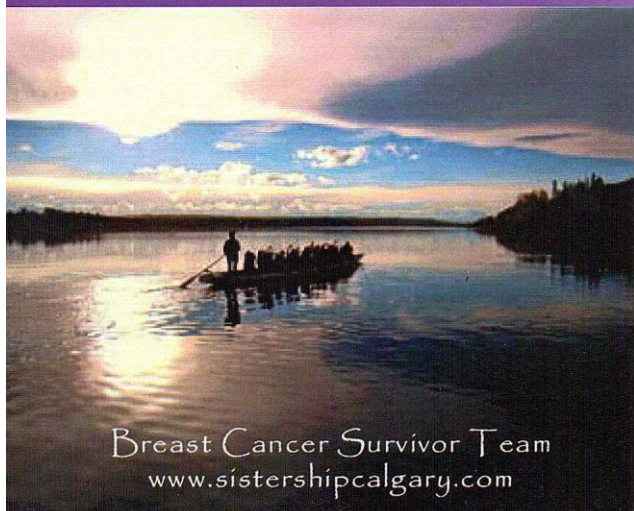




Sistership  
Dragon Boat  
Association



Breast Cancer Survivor Team  
[www.sistershipcalgary.com](http://www.sistershipcalgary.com)

22  
Hearts  
One  
Goal



## Do You Have What It Takes?

Research supports the benefits of exercise in the management of breast cancer.

The Sistership Dragon Boat Association provides opportunities, through the sport of dragon boating, for people diagnosed with breast cancer to foster wellness and partner with the community to heighten the profile and importance of breast health.

### **JOIN US!**

- Dry land training from January to May
- Paddling season from May to September
- Twice weekly paddling practices
- No previous experience required
- Open to all age groups

*"The sport of dragon boating gave me back my life" - Joanne*

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