

WELLNESS WARRIORS

Who are we?

Wellness Warriors, a unique floating support group, est. 2006 is New England's **FIRST** All-Cancer Paddler (ACP) dragon boat club and is one of over **25** ACP clubs in the U.S.



A diverse group of cancer survivors who come together to practice an exhilarating form of self-care. **16** different cancer diagnoses, **21-80+** years of age, **ALL** genders, speaking **7** languages; all thriving after cancer through dragon boating.

What do we do?

On and off the water we get stronger together with **50+** sunset paddles, **24+** indoor trainings, **12+** winter hikes, & countless smiles. We practice **2-3** times per week. We race regionally, nationally, and internationally against cancer survivors in **5-7** festivals per year.

We are **SURVIVORS**. We love laughing, paddling hard, and being with each other.



We support our survivor athletes who train and paddle hard, earning Wellness Warriors the right to compete at the Club Crew World Championships.

What is a dragon boat anyway?



40 feet long and four feet wide at the widest point.

A dragon boat has a drummer, a steerer and **20** paddlers, sitting in pairs. Think of it as a **GIANT CANOE**.

Why we paddle?

Exercise after cancer is shown to **IMPROVE** quality of **LIFE** and **REDUCE** the risk of **RECURRENCE**.

Our members join for many reasons!

- ▶ To experience the healing power of being on the water
- ▶ To relieve stress
- ▶ For cardiovascular and strength training
- ▶ Camaraderie with other cancer survivors
- ▶ A chance to race against other survivor teams...or just paddle and enjoy the view



BE Active | GET Stronger | MAKE Friends | FIND Support | HAVE Fun!

No experience needed! Visit us at WellnessWarriorsBoston.org