



WELLNESS WARRIORS is Massachusetts'

first dragon boat club for cancer survivors.

We provide a paddling support group for men

and women of all ages diagnosed with many

different types of cancer.





WELLNESS WARRIORS INC.

www.wellnesswarriorsboston.org e-mail: contact@wellnesswarriorsboston.org

Facebook and Twitter- @WWBostonDB Instagram- wwbostondb

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HISTORY OF WELLNESS WARRIORS BOSTON

A dream, a gift, a team!

Wellness Warriors' history starts with a gift of race prize money from another team!

Coach Peter Lew, an early proponent of Dragon Boat racing in New England and other areas of the United States, has advocated the sport for cancer survivors. Said Lew, "In 2003 there were few women's teams and no cancer survivor teams. Then the breast cancer survivor team Cote-A-Cote (Two-Abreast) showed up at the Boston Hong Kong Dragon Boat Festival (BDBF) looking to race."

After that race, Lew approached The Wellness Community Greater Boston, hoping to start a cancer survivor dragon boat team in Boston. A door opened in 2004 when the Rhode Island Dragon Boat Festival included a special breast cancer survivor race with prize money attached. Lew encouraged future Wellness Warrior Beth Parkhurst to join paddlers from his reigning municipal challenge championship team, "Pride of Pawtucket."

This endeavor paid off when the team went on to win a \$1,000 prize. They generously presented their winnings to the executive board of The Wellness Community, who used the money to fund an all-cancer-survivor (ACS) team. By 2007 "Wellness Warriors" dragon boat club was established under the umbrella of The Wellness Community.

New beginnings

When The Wellness Community closed abruptly in 2009, we lost funding and a physical home. We worked hard to stay afloat. Because of our friends – Pauline Alighieri of Friends of Mel Foundation, United Commercial Bank, Boston Dragon Boat Committee, Charles River Apparel, and paddlers' friends and family – we were able to restructure and incorporate as a non-profit organization, Wellness Warriors.

Wellness Warriors celebrated 10 years in 2017!

We celebrated Wellness Warriors' 10th anniversary by welcoming all-cancer-survivors (ACS) teams to race with us at the 38th annual Boston Hong Kong Dragon Boat Festival. A special cancer survivor celebration race, a scavenger hunt and cocktail event, and a "Survivor Athlete Village" tent with food donated by sponsors and volunteers created a weekend of celebration and community for the cancer survivor dragon boaters and supporters.

Wellness Warriors today

Wellness Warriors has evolved from a fledgling group of participants to a well-organized club supporting hundreds of cancer survivors. A paddling support group for men and women of all ages diagnosed with many different types of cancer, Wellness Warriors welcomes anyone who has heard the words, "You have cancer." No matter where survivors are on their cancer journey or athletic ability, rising to the physical challenges of dragon boat paddling within the Wellness Warriors support community helps create thrivers.

MISSION STATEMENT

Our mission is to provide new opportunities for cancer survivors to heal – both physically and emotionally – by being active participants in their own recovery and part of a mutually empowering dragon boat club.

In addition, we are working to raise awareness within the metropolitan Boston survivor and medical professional community of the benefits of paddling for cancer recovery, wellness, and a healthy lifestyle. We accomplish this through education, outreach, and by being an inspirational presence of strong and confident cancer survivors.

CONTACT INFORMATION

Mailing address:

Wellness Warriors, Inc.
P.O. Box 610-154
Newton Highlands, MA 02461

Website: www.wellnesswarriorsboston.org

Email: contact@wellnesswarriorsboston.org

Facebook: <https://www.facebook.com/WWBostonDB>

Twitter: <https://twitter.com/@WWBostonDB>

Instagram: <https://www.instagram.com/wwbostondb/>



WHO WE ARE

Demographics

Our unique floating support group welcomes all cancer survivors over the age of 18 – our current membership ranges in age from 24 to 80! All cancer histories welcome, all strengths and abilities, all genders welcome. Wellness Warriors is a diverse group of men and women survivors who come together to practice an exhilarating form of self-care after cancer diagnosis. Meet some of our members on our [Featured Warriors page](#).

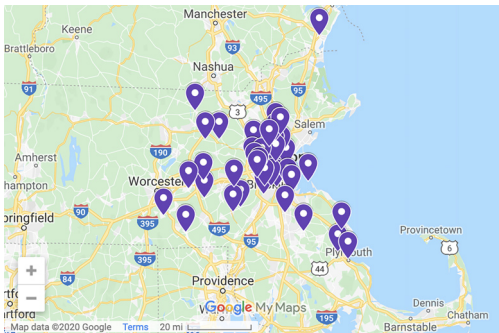
2019: 16 different types of cancer diagnoses, 15 members with multiple diagnoses; 24-80 years of age;
55 miles = longest commute to practice

WHAT WE DO

2019: 39 practices, 6 races in 4 states, 7 outreach events to cancer survivors, 1 regional championship with winning berth to Club Crew World Championships

- Dragon boating on the scenic Charles River through the summer
- Stress relief
- Cardiovascular and strength training (known to reduce risk of cancer recurrence and increase well-being after cancer)
- Increased range of motion
- Camaraderie with other cancer survivors
- A chance to race against other survivor teams

WHERE WE LIVE:



PHOTO/VIDEO LINKS

Wellness Warriors was featured by Hua+TV and the Asian Cultural Center during our 10th anniversary celebration (<https://vimeo.com/239282050>). The "Wellness Guide for Cancer Survivors" co-produced by the Massachusetts Cancer Prevention and Control Network and the Massachusetts Department of Public Health includes a video vignette (http://youtu.be/glouisOal_g) about Wellness Warriors.

See us in action on our youtube channel: https://www.youtube.com/channel/UCt0V6sF_dVjTha8ryhf8I-g

For more photos see www.wellnesswarriorsboston.org

LEADERSHIP CONTACTS

Board of Directors - BOD@wellnesswarriorsboston.org

Presidents - copresident@wellnesswarriorsboston.org

Treasurer - wwtreasurer@wellnesswarriorsboston.org

Team Managers - teammanager@wellnesswarriorsboston.org

Captains - captain@wellnesswarriorsboston.org

Executive Committee - ww-executive-committee@wellnesswarriorsboston.org

Coaching Staff - wwcoaches@wellnesswarriorsboston.org

Safety Officer - matt@wellnesswarriorsboston.org

WORKGROUPS - (contact copresident@wellnesswarriorsboston.org with any questions)

Communications - Promote frequent and consistent communication of our brand, mission, news, and activities

Fundraising Plan - Organize and execute fundraising activities

Volunteering - Organize recruitment and use of volunteers ("Row11")

Mentoring - Responsible for organizing skill-building workshops which are focused on orienting new paddlers and providing a refresher for returning paddlers. Mentors also "buddy" with new paddlers and check in over the course of the season.

Exercise and Training - Lead our injury prevention program and winter training program

Off-Season Activities - Organize all off season social activities including monthly active events such as snowshoeing, biking, etc.



SPONSOR LIST

Thank you to our sponsors for their contributions to our cancer survivor floating support program

CORPORATE SPONSORS

Gold Dragons \$5000+



SIMPSON GUMPERTZ & HEGER

Engineering of Structures
and Building Enclosures

Silver Dragons \$2000+



THE WESTIN
WALTHAM
BOSTON

Jade Dragons \$500+



STAPLES



Contributors - \$500+

Gratefully received from the following:

John Bisbee
Sam Bisbee
Burke Family
Edgerley Family Foundation
Gail Gall
Healy Family

Kathleen Kenney
Lebedev Family
Anne Lindsay
Julianne Nevins
Peter and Yoshie Ng
Dejan Petrovic

MEDIA/AWARDS

We have been honored over the years with media attention and awards. Here are a few of those.

(see www.wellnesswarriorsboston.org/media-awards for links to content)

MEDIA

Video co-produced by the Massachusetts Cancer Prevention and Control Network and the Massachusetts Department of Public Health for the “Wellness Guide for Cancer Survivors” found on www.mass.gov/cancersurvivor

Wellness Warriors was featured by Hua+TV and the Asian Cultural Center during our 10th anniversary celebration (<https://vimeo.com/239282050>)

2019 The Watertown Yacht Club was kind enough to celebrate our partnership in their [newsletter!](#) “The Wellness Warriors succeeded in qualifying to race in Europe next year. They showed their appreciation to the Watertown Yacht Club for our generosity in allowing them to use our dock space for their dragon boats by inviting the Bridge and Board to their pot luck dinner where they presented us with a painting.”



2019 “[Winning Gold with the Wellness Warriors](#),” written by team manager Julianne Nevins for the website of her company, Simpson Gumpertz & Heger

2018 [Survivingbreastcancer.org](#) promoted Wellness Warriors in their blog post “[Life Changes After Breast Cancer, But Did You Ever Picture Yourself In A Dragon Boat?](#)”

2018 Gushou, a dragon boat team and event management software company, featured us in their [Team Spotlight by Gushou](#).

2018 “[Competing with the Wellness Warriors at the Annual Boston Dragon Boat Festival](#),” written by team member Julianne Nevins for the website of her company, Simpson Gumpertz & Heger

2017 [Wicked Local Newton](#): Dragon boat team for cancer survivor team got its start in Newton

2017 [Cambridge Chronicle](#): BUILDING COMMUNITY: Wellness Warriors offers camaraderie, strength to cancer survivors

AWARDS:

2016 The City of San Francisco issued Wellness Warriors a Certificate of Honor for exemplary leadership, outstanding community service, and significant contribution to preserving Asian culture

2015 Featured in The Massachusetts Comprehensive Cancer Prevention and Control Network's Survivorship Workgroup Wellness Guide for Cancer Survivors

2012 The City of Cambridge issued a special Resolution honoring Wellness Warriors in celebration of our new donated dragon boat

2011 Nominated as one of the 2011 MGH The One Hundred www.theonehundred.org/honorees/the-wellness-warriors/



WELLNESS WARRIORS

Who are we?

Wellness Warriors...a unique floating support group.
New England's **FIRST** ACS (all cancer survivor) Dragon Boat Team est. 2006



A diverse group of men and women survivors who come together to practice an exhilarating form of self-care after cancer diagnosis. **16** different cancer diagnoses, **24-80** years of age, **55** miles longest commute to practice.

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

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**.

What we do?

There are well over **100** Dragon Boat cancer survivor teams in the United States and Canada. Wellness Warriors participates in a number of festivals and races throughout North America. **6** races in **4** states, **7** outreach events to cancer survivors, **39** practices.



We earned a berth to compete in the 2020 INTERNATIONAL DRAGON BOAT CHAMPIONSHIPS IN AIX-LES-BAINS, FRANCE, AUGUST 2020.

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



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

No experience needed! Visit us at WellnessWarriorsBoston.org



WELLNESS WARRIORS INC.

www.wellnesswarriorsboston.org e-mail: contact@wellnesswarriorsboston.org

Facebook and Twitter: @WWBostonDB Instagram: wwbostondb

Wellness Warriors, Inc. is a 501(c)3 nonprofit organization with the GuideStar Platinum Seal of Transparency.