

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