



**Are you a breast cancer survivor?  
...interested in staying active & having fun?**

## **UNLEASH YOUR INNER DRAGON!**

**I**f you're a breast cancer survivor looking for a great way to connect with other survivors and stay active, join a new, fun and fabulous activity—dragon boating. No experience necessary—we'll train you to paddle, just bring your spirit!

Dragon boating is an ancient form of boat racing enjoyed by paddlers in 60 countries around the world. It helps breast cancer survivors prevent and manage lymphedema. There are dragon boating survivor teams across Canada and throughout North America. It's great exercise and lots of fun. For more information attend our:

**Paddler Information Session  
New World Fitness**

**8:00 p.m., Wednesday, November 22, 2006**

**Be part of the first dragon boat team in NL**

Avalon Dragon Boating  
tel. 1-866-853-2865 eml: [avalondragonboating@gmail.com](mailto:avalondragonboating@gmail.com)  
web: [www.avalondragonboating.com](http://www.avalondragonboating.com)