



PLEASE JOIN US FOR.....
Keeping fit, having fun and making new
friends in beautiful surroundings.
We serve cancer survivors and their
families and friends from Cumbria and
Lancashire.

Thriving and surviving after cancer



Find out more by visiting our
website, following us on facebook
or dropping us an email at
enquiries@paddlersforlife.co.uk

or

Find us most Sunday mornings
between April and October
at

Low Wood Bay Watersports
Marina, Lake Road LA22 9HH

paddlersforlife.co.uk

Registered Charity (CIO) 1200841

PADDLERS FOR *Life*

W I N D E R M E R E



Paddlers for Life

WHY DRAGON BOAT PADDLING ?

In Canada in 1996 Don McKenzie formed the first breast cancer survivors' dragon boat team to test the effect of strenuous upper body exercise on lymphoedema and general well-being. The positive results of his research sparked the start of the breast cancer survivors paddling movement and today there are over 200 teams paddling worldwide.



Paddling, thriving and surviving...after cancer

Wake up with a smile and go after life....live it, enjoy it. Enjoy it, feel it, paddle for life.