

"How lucky to be able to paddle in such a stunning location with mountains as our backdrop. No matter the weather it never fails to inspire."

Please join us.

We welcome paddlers of all ages, shapes and sizes. We can give advice, post treatment, if you have any questions.

Family and friends are an important part of your support network and are welcome to come and paddle with us.

Paddlers for Life

Windermere

A team of cancer survivors, primarily breast cancer, paddling dragon boats.

Thriving and surviving after cancer.



Find out more:

www.paddlersforlife.co.uk



facebook.com/Paddlersforlife



enquiries@paddlersforlife.co.uk

(ideally include a phone number)

Find us, weather permitting, most Sunday mornings between April and October at
**Low Wood Watersports Marina, Lake Road,
Nr Ambleside, LA22 9HH**

paddlersforlife.co.uk

Registered Charity (CIO) 1200841



Paddlers for Life

"Where treatment can sometimes make you feel out of control, dragon boat paddling is the perfect opportunity to let all the worry and stress drift away and you take control."

Why dragon boat paddling?

In Canada in 1996 Dr. Don McKenzie formed the first breast cancer survivor 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 300 teams paddling across the world.

"That feeling of strength, the camaraderie, getting us all together. You can do it with teamwork in the boat, you can go anywhere. It's everyone, all working, paddling the same... it's empowering."

Donate



breast cancer

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Paddling, thriving and surviving... after cancer.

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

Please join us for keeping fit, having fun and making new friends in beautiful surroundings.

