

HOPE AFLOAT CANADA DRAGON BOAT TEAM

**WELCOMES
NEWCOMERS!**

Hope Afloat Canada



We are all breast cancer survivors who happen to enjoy fresh air and fun whilst getting fit and healthy. The only requirement is that you are a breast cancer survivor. You do not have to be an athlete! Our ages range from early 40s to 80 years old. We practice twice a week, between March & September in the sheltered waters of the Comox Harbour. We also have monthly meetings throughout the year. We offer a complimentary paddle before you decide if you would like to join. This season, we were happy to welcome six new paddlers. They have already become valued team-mates. If you would like to make a few new best friends — all of whom are 'in the same boat.

**CHECK OUT OUR WEBSITE: www.hopeafloatcanada.ca
or Call Deb: 250-898-7801 or Joy: 250-337-8569**