

Dragon Boating in Murray Bridge

Dragon boat racing is an exhilarating sport which has been around for over 3000 years. It originated in China and has grown in to a world wide and highly competitive sport.

Dragon Boating is a great way to build fitness and make new friendships. It provides a low-impact sport to members from a wide range of ages, cultures, physical abilities and fitness levels.

The Pink Victory River Dragons club comprises of Breast Cancer survivors, supporters, and anyone who likes to be part of a fun and enthusiastic team, who enjoys the thrill of team sports.

The Murray Bridge Community Club is a proud sponsor of the Pink Victory River Dragons- a group of enthusiastic Breast Cancer survivors who can't wait to get on the water and start paddling. New members warmly welcomed.



Living Well with Breast and

Ovarian Cancer and Beyond

Proudly brought to you by:-

**Lower Murray Breast Cancer
Support & Mallee Breast Cancer
Support groups**

Breast of Friends- Victor Harbor



**Monday 5th December
Wellington Hotel
10:00am till 3:00pm**

PROGRAM

10:00am	Registration/Morning Tea
10:30am	LIVING WELL WITH CANCER AND BEYOND- BEING A SURVIVOR <i>Kristina Birchmore & Toni Holden Women's Health Statewide</i>
11:30am	Displays/Information/Dragon Boating
12:30pm	Lunch
1:00pm	WILLUNGA PLAYBACK THEATRE Performance
2:30pm	Tai Chi

Information about program

LYMPHODEMA WORKSHOP

Yvonne Thiel

Dr Vodder: - Trained therapist. Education in self management and an awareness of the risks may delay or prevent the onset of lymphoedema. Low level laser machine demonstrations

ENCORE PROGRAM

Ruth Morrison

Encore Program in Murray Bridge. 8 week program designed specifically for women who have experienced breast cancer at any time in their life. Incorporating gentle exercises, relaxation techniques and education it is safe, fun and therapeutic. Information about 2011 program

AMOENA

Donna Thorton

Breast prostheses, swimwear, and lingerie. Display and sales.

BODY SHOP

Vicki Clonan

Pampering products

TAI CHI

Lee-Anne LeGallou

WILLUNGA PLAYBACK THEATRE Performance

Playback theatre recognises that every story is important and that story telling is essential for the human condition. Each performance has four actors, a musician and a conductor who facilitates the performance and enables the stories to be generated from the audience. The performance includes short forms of improvisation and the longer form of story. Prepare to laugh and be moved.

DRAGON BOATING

Fingers crossed we will have a dragon boat moored at the Wellington Hotel pontoon for women to have a go at this fun sport. Pink Victory River Dragons will be in attendance to show and tell all there is to know about this new sport coming soon to Murray Bridge. Paddlers wanted!



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Australian Government

Regional Arts Fund