



DAM Busters

Breast Cancer Survivor
Dragon Boat Club

**A PLACE TO COME TOGETHER -
A PLACE TO FEEL AT HOME**

Paddling the waters of Docklands, Melbourne you will find DAM Busters Breast Cancer Survivor Dragon Boat Club embracing life. A fun-loving group of survivors, thrivers and supporters who have been together since 2001 bonded by a common life experience – breast cancer.

We are *Determined* in spirit *And Mighty* of heart, *Busting* the myths surrounding exercise after breast cancer.

It's time to get in the boat...

About Us

Over 22 years ago, Professor Don McKenzie answered one of the most asked questions by breast cancer survivors, "Is exercise safe after breast cancer surgery?" After many studies involving dragon boating specifically, his answer and ours is a categorical YES!

Our mission is to be a voice for breast cancer awareness, to support survivors, acknowledge supporters and above all, have fun! We are PASSIONATE about life and paddle together to demonstrate that anyone can thrive after breast cancer. NO other sport makes us feel the way dragon boating does!



Come Along Anytime

What do I need to bring with me?

- First and foremost, bring your beaming smile and sense of adventure.
- Wear comfortable clothes and shoes which may get wet, bring your own water bottle and sun protection.
- Paddles & life jackets are provided.
- Sessions are about 1 hour and are held at: The Community Hub At The Dock, 912 Collins St. Docklands, Melbourne - next to the Docklands Library.
- Sign up for a free 30 day trial with a Dragon Pass go to <https://www.revolutionise.com.au/dambusters/registration> and you will be all set!

**DRAGON BOATING WILL TAKE
YOU ON ADVENTURES**

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