



Plurabelle *Paddlers*

Join the Plurabelle Padders

A breast cancer support group with a difference!



Are you looking to get fit after treatment from breast cancer?

Are you looking for a new adventure?

Would you like to make new friends and become involved in an energetic and fun team sport?

If so, Plurabelle Paddlers, Ireland's first breast cancer dragon boat team, wants to hear from you!

To find out more contact us:

Email:

newmembers@plurabellepaddlers.com

Phone:

087 468 6662

Visit our website:

www.plurabellepaddlers.com





Plurabelle Paddlers



Join the Plurabelle Paddlers



Based at the Grand Canal Dock in Ringsend, Plurabelle Paddlers was formed in 2010 and now has over 60 members.

Dragon boat racing is the fastest growing watersport in the world. It has been acknowledged by the medical profession as being a fantastic way to build upperbody strength as well as general health and fitness following a breast cancer diagnosis.

There are currently over 150 breast cancer dragon boat teams worldwide. These teams train regularly and compete at regattas and festivals. The Plurabelle Paddlers have taken part in regattas throughout Ireland and travelled to Italy, Malaysia, Spain, UK and USA.

We train twice a week from March to October, and offer a fitness programme to members during the winter months. You don't need any previous experience and it doesn't matter your level of fitness or what age you are (we have members in their 30s and 70s!).

So, if you've had breast cancer and fancy a new adventure, why don't you give us a call? We welcome new members, women and men, all year round; so what are you waiting for?

Visit our website www.plurabellepaddlers.com or email newmembers@plurabellepaddlers.com or phone 087 468 6662