

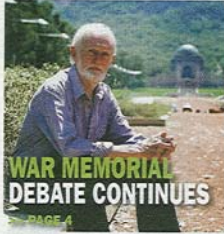
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**WALK-IN CLINIC
A SUCCESS**

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Survivors afloat



Margie Perkins and Marion Blake joined Dragons Abreast to aid their recovery from breast cancer and are encouraging others to do the same. For full story, see page 8.

Picture: Elesa Lee

Boaters find comradeship on the lake

MARGIE Perkins had no idea that dragon boating could be so good for her health – both physically and mentally.

That is until she joined Dragons Abreast – a dragon boating organisation that supports people who have experienced breast cancer.

“I thought post treatment I’d just get back on with my life, but it’s not quite the same life,” Ms Perkins said.

Because ongoing hormone treatment required after breast cancer can lead to osteoporosis and other such health issues, Ms Perkins’ doctor advised her to keep active.

So, two-and-a-half years ago, she went along to a ‘come and try’ session with Dragons Abreast at Lake Burley Griffin, and she hasn’t looked back.

“Much to my surprise I actually enjoyed hanging out with other women who had gone through the same experience,” she said.

“The comradeship is really lovely – that’s one of the big advantages. And the exercise helps you keep fit both mentally and physically.”

Club president Marion Blake said Dragons Abreast was a great way to meet people and get fit.

The club runs three training sessions

a week, although members can attend as many or as few as they like. “Some stay at a fun level, and some move onto a more competitive level,” she said.

“We’ve got members from their mid-30s to into their 70s of all shapes and sizes.”

Ms Blake said the backdrop of Lake Burley Griffin was also quite nice.

“It’s just a lovely way to see Canberra,” she said.

Dragons Abreast will be holding come and try sessions on Saturday, February 19 and Saturday, March 12.

For enquiries or to RSVP, email canberra@dragonsabreast.com.au.