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## Cancer survivors' voyage of hope

A BOAT full of paddling women turned out to be a life-changing experience for Hobart breast cancer survivor Moira Cannell.

She is just one of the thousands of members of the Dragons Abreast organisation Australia-wide who celebrated the launch of a book about breast cancer survivors yesterday.

The book, *A Dragon's Tale*, is the story of Dragons Abreast, a national organisation that offers breast cancer survivors the opportunity to improve their fitness, promote good health, increase self-esteem, and show there is a full and productive life after cancer.

Dragons Abreast was founded in Darwin in 1998 and now has 33

groups around the country training women to compete in dragon boat racing.

Moira, 68, was diagnosed in 2002 and since then has competed at dragon boat championships in Australia, Canada, Germany and Singapore.

"Being involved with Dragons Abreast has brought me back to sporting activities and exercise, which I had fallen away from, as well as introducing me to dragon boat paddling and a wonderful, courageous, positive group of women," she said.

*A Dragon's Tale* retails for around \$35 and is available online at [www.dragonsabreast.com.au](http://www.dragonsabreast.com.au).



**LIFE-CHANGING:** Dragon boat competitor Moira Cannell launching *A Dragon's Tale*.  
Picture: RAOUL KOCHANOWSKI