



The Dragon Dream Team is Ohio's first Dragon Boat team comprised exclusively of Breast Cancer Survivors. Members are women of all ages and backgrounds, from newly diagnosed to long time survivors. When this team came together in 2007 it joined the more than 170 such groups and thousands of survivors around the world that discovered a dragon boat and the camaraderie of sister survivors could be the key to finding wellness and active life after breast cancer.

Research strongly suggests that physical activity not only has a positive effect on the quality of life following a diagnosis of cancer, but may improve and enhance survival. Through the camaraderie and sport of dragon boat paddling, Dragon Dream Team members are empowered to take back their lives and move forward in the spirit of fun, friendship, health and wellness.

The Dragon Dream Team competes in local national and international festivals and races including two world championships. It actively partners and participates with Susan G. Komen's Race for the Cure and the American Cancer Society's "Making Strides Against Breast Cancer" awareness events. Off season activities include winter fitness and our major annual Breast of Friends fundraiser. Since 2013, the Team has hosted the **Dragons on the Lake Dragon Boat Festival**, involving over 1000 corporate and community paddlers from the northeast Ohio area.

Raising awareness and giving back to the community is an important part of the Dragon Dream Team's mission. **Boatloads of Hope** is an outreach program for breast cancer patients, especially those coping with the challenges of treatment. Each year, hundreds of newly diagnosed survivors receive a silk pashmina embroidered with a dragon boat logo and a personalized message of hope from the Dragon Dream Team. **Boatloads of Hope** is now in 18 northeast Ohio hospitals and Cancer Centers.



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