

A fun afternoon introduction to rowing (crew), the ultimate team sport, in support of breast cancer survivorship.

~ Personal instruction by Holly Metcalf, Olympic Gold Medalist, Founder of WeCanRow National.

~ Families, children, and leashed dogs are welcome at the boathouse!

~ Snacks and beverages after rowing.

**Where:**

**Capital Rowing Club**  
1900 M Street, SE  
Washington DC

**Directions:**

[www.capitalrowing.org](http://www.capitalrowing.org)

**TO PARTICIPATE:**

**Register at**

[www.wecanrowdc.org](http://www.wecanrowdc.org)

or

Email RSVP by August 20  
to

[wecanrow@comcast.net](mailto:wecanrow@comcast.net)



**Learn to Row AND**  
**Support**  
**Breast Cancer Survivorship**



**Healers Row**  
**Sunday, AUGUST 22, 2010**  
**1 to 4 pm**

Since 2005, WeCanRow (Women Enduring Cancer Row) DC, has introduced over 80 breast cancer survivors to the sport of rowing, helping them to regain physical and emotional strength in a supportive and nurturing environment.

This event will help us to continue to spread the word and to provide new opportunities for breast cancer survivors to be active participants in their own recovery and part of a mutually empowering team.

**Reserve your place today for this unique rowing and learning opportunity!**

~ Space is limited ~

~ 16 rowing seats available~

***\$100 donation per reserved seat suggested***

WeCanRow DC is a volunteer-directed, not-for-profit 501(c)(3) organization.