



*PinkHippy.org*

## Paddle for Recovery with Casi



It's no secret that Mother Nature can help heal. Just step outside after a stressful day and you immediately start to feel relief. Add in movement or exercise and the benefits grow. New studies have shown that outdoor activity can aid in recovery from disease, reduce stress, increase concentration, and improve your overall health and wellbeing. If you can enjoy these benefits while burning calories and building muscle, then that is what the doctor ordered.

Paddle for Recovery is a free SUP class for recovering cancer patients and a friend or family member who supported them through their treatment. Our mission with this program is to provide an opportunity to escape on the water and maybe even find a new passion that can assist in recovery. There are no gimmicks - it's FREE for anyone who is currently undergoing or who have recently completed cancer treatment.

Tuesday August 27, 2019  
Lake Siog Park - Dug Hill Road  
Holland MA 01521

Come join the fun! Bring the entire family for a BBQ, play volleyball with, and learn tips from, the **Holy Cross Volleyball team**, hang out on the beach, swim and enjoy the end of summer!

The park is open to the public and parking is free. Grills and picnic tables on site. Bring your own chairs or blankets to sit on. Carry in carry out!

### Schedule of events:

4:00-8:00 pm Gathering, BBQ, Social

5:00-7:30 pm Volleyball Clinic and pick-up game (for kids and adults)

5:30-7:00 pm Paddle for Recovery for survivors (limit 10 spots, sign up early!)

8:00 pm Group photo of Survivorship

Contact [info@pinkhippy.org](mailto:info@pinkhippy.org), or call 508-304-3463, for more information. Please let us know if you are planning on attending and if you wish to participate in the potluck BBQ. Registration is required to reserve your spot for the Paddle.