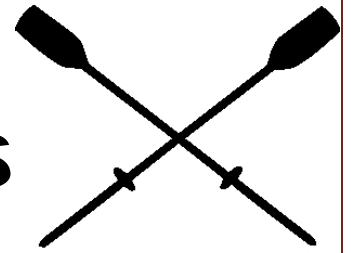


Row Beyond Diagnosis

Winter 2019 Session



Row Beyond Diagnosis is a 6-week program to introduce rowing to women who have had cancer as a way to rebuild strength and mental focus.

Demonstration Event (Community Welcome)

10 – 11:30 a.m.

January 12 (Saturday)

Row Beyond Diagnosis Program

10 – 11:30 a.m.

January 19 & 26, February 2 (Saturdays)

February 10 & 17 (Sundays)

PLEASE BE PROMPT

This program is provided free of charge to survivors. No experience necessary. Pre-registration and Vero Beach Rowing release forms are required. Please wear form-fitting clothes. Sunglasses, hat, water bottle, and snack are recommended.

Location: MacWilliam Park Boat Basin. At the traffic light at the eastern end of the Merrill Barber Bridge, go north on Indian River Drive East and take the first left (next to the bridge) and follow the signs to the Boat House site.

To sign up or ask questions, contact Karen Meredith
kmer363@gmail.com ~ 908-278-9341



*A partnership of
Friends After Diagnosis and
Vero Beach Rowing*

