

**FOR IMMEDIATE RELEASE
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Sutton REALTOR® is Abreast in a Boat



Surrey, BC – After being diagnosed with breast cancer in 2006, Rae Phillips, REALTOR® with Sutton – Premier Realty, has actively been involved with **Abreast in a Boat**. This is a group of courageous women who have battled breast cancer and paddle in several dragon boating regattas a year. The group has been fortunate to travel as far as Australia for international events. Rae describes the goals of the group as being two-fold; “to raise awareness of breast cancer and to demonstrate that there is life after breast cancer.”

The group first came together in 1996 as a part of a research project conducted by Dr. Don McKenzie, MD, PhD, a sports medicine doctor and exercise physiologist at the University of British Columbia. Women with breast cancer at this time were told not to engage in any upper body exercise such as gardening and lifting. A desire to return these women to an unrestricted, active lifestyle was the goal behind Dr. McKenzie’s idea to form this first all breast cancer dragon boat team. It has changed how women with breast cancer can live their lives and there are now 130 teams worldwide as a result of this research.

Rae explains, “It has been a wonderful experience. I would recommend this group of women to anyone dealing with breast cancer who wants to stay fit, be involved in a great sport and meet some fabulous people.” She is currently on the Board of Directors for **Abreast in a Boat** and serves as Vice Member Chairman; next year, she will be appointed Member Chairman.

Rae now coaches and spends time with women who are going through treatment. “It is a rewarding experience to help a little in their challenge,” she shares. For her commitment to this group her peers have awarded her with their office’s ‘Sutton – Premier Realty Community Service Award’.

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