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**JUPITER MEDICAL CENTER'S MARGARET W. NIEDLAND BREAST CENTER  
BECOMES AN OFFICIAL SPONSOR  
OF LIGHTHOUSE DRAGONS SOS DRAGON BOAT TEAM**

**JUPITER, FLA. (March 8, 2017)** – The Lighthouse Dragons SOS Dragon Boat Team is pleased to announce Jupiter Medical Center is now the exclusive hospital sponsor of the nonprofit organization that brings together breast cancer survivors and offers them physical fitness and empowerment through the life-affirming sport of dragon boating.

“We are thrilled that Jupiter Medical Center’s Margaret W. Niedland Breast Center has come on board to support our ladies and our mission of community, camaraderie and competition,” said Debbie Brooks, a breast cancer survivor who first discovered dragon boating while living in the Miami area. She founded the local team in 2015 after moving to Palm Beach County. “Many of our team members received their treatment at Jupiter Medical Center, so it’s very special that the hospital is helping former patients as they find wellness and an active life after breast cancer.”

“It is a pleasure to join forces with a unique organization like the Lighthouse Dragons,” said John Couris, President and CEO of Jupiter Medical Center. “Their dedication to the physical and emotional wellbeing of breast cancer survivors is completely in line with the way we work to promote health and wellness in our region.”

Dragon boating originated in Southern China more than 2,000 years ago and takes place in a 40 foot long, 4 foot wide canoe that dawns a decorative painted dragon head and tail during races. In the 1980’s, Dr. Don Mackenzie, a Canadian sports medicine practitioner, realized the many benefits of rowing for breast cancer survivors, despite previous claims that strenuous and repetitive upper body activity could cause health risks for those in recovery. There are now more

than 150 registered breast cancer survivor teams throughout the world, including more than 50 teams in the United States.

“It’s amazing that what began as a small experiment in Vancouver has mushroomed into an international movement,” said Lynda Frye, MD, a fellowship trained breast imaging specialist and Medical Director of the Margaret W. Niedland Breast Center. “We have support groups for patients and survivors at the Medical Center but dragon boating is such a unique way to make women stronger and help them feel better.”

“Paddling with women who have been through the same experience as you is like a sisterhood,” said Lauren Linn, one of the original members of the Lighthouse Dragons team. “I was diagnosed in October of 2014 and really only completed my treatment in the last year. So for me, the camaraderie of a dragon boating has been a part of my healing process.”

There are more than 50 people on the Lighthouse Dragons team, including survivors and some of their spouses, loved ones and supporters. The group is currently planning for a trip to the International Breast Cancer Paddler’s Commission Dragon Boat Festival in Florence, Italy where hundreds of breast cancer survivor teams from across the globe will meet in July 2018 and paddle with a common purpose.

Dragon Boating provides many benefits for breast cancer survivors, including:

- Improved immune system
- Aerobic and bone-building benefits
- Strengthens areas of the chest and arms affected by cancer and surgery
- Long lasting friendships and support

### **About Save Our Sisters**

Lighthouse Dragons SOS is Palm Beach County’s first and only breast cancer survivor dragon boat team, and is an affiliate of Save Our Sisters (SOS), a 501(c) (3) charitable organization. SOS is a survivor group whose focus is on living, rather than on the disease that brought the group together. Lighthouse Dragons SOS members are from all walks of life, with an age range spanning more than 40 years, with varied interests and fitness levels. SOS offers an active, health-giving, life affirming opportunity for breast cancer survivors.

Through Dragon Boat Racing, survivors have the opportunity connect with other survivors worldwide, whether in a dragon boat race or on social media. Dragon boating enables survivors to travel to such places as Florence, Italy where hundreds of breast cancer survivor teams from across the globe will meet and paddle with a common purpose. SOS PBC is planning on joining more than 4,000 BC survivors from over 150 teams worldwide in 2018 for what is anticipated to be the single largest BCS event to date. For more information on Lighthouse Dragons SOS Dragon Boat Team, please call (561) 877-1332 or visit [lighthousedragons.org](http://lighthousedragons.org).

### **About Jupiter Medical Center**

A not-for-profit 327-bed regional medical center consisting of 207 private acute-care hospital beds and 120 long-term care, sub-acute rehabilitation and Hospice beds, Jupiter Medical Center is reimagining how to restore the community's health and wellness. Award-winning physicians, world-class partnerships and innovative techniques and technology enable Jupiter Medical Center to provide a broad range of services with specialty concentrations in cardiology, oncology, imaging, orthopedics & spine, digestive health, emergency services, lung & thoracic, women's health, weight management and men's health.

Founded in 1979, Jupiter Medical Center has approximately 1,600 team members, 600 physicians and 640 volunteers. Jupiter Medical Center continues to perform in the top 10% of hospitals for patient quality and satisfaction. For more information on Jupiter Medical Center, please call (561) 263-2234 or visit [Jupitermed.com](http://Jupitermed.com).

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