

# We'll roWIN



## Vence-remos



Groups in Galicia  
and Andalusia



A research project based on rowing adapted for women who have overcome breast cancer.

Everyone contributes something,  
whether by **rowing**, or **talkative support**  
That is the essence of the project



"You will never ROW alone"



- Benefits:**
- Much **powerful** heart and reducing blood pressure
  - **Strengthening** flexibility in both the upper and lower body

