



I hope you had a wonderful Christmas, Hanukkah or whatever you celebrate. It is so worth the effort isn't it?

Whether you spent time with friends, family, or strangers (I know some people go on vacation over the holidays) may you have been blessed with joy in your lives.

And now onto a new year, I welcome it with open arms and am thankful to have the opportunity to do so.

**Janet
and the Janac Team
Check out [Janet's Blog](#) for a heartwarming story**



NEW YEAR - NEW START

Are you determined that 2012 is going to be the year you "get in shape" or "take more care of my health".

Well, what a better way to do it than to join a Dragonboat Team. Not only will it keep you fit, but you will make so many friends you won't know where they all came from!

Check out this [video](#) from my team Knot-A-Breast. We are based in Hamilton, Ontario so if you are within an hour's drive, please think about joining us. (Unfortunately the criteria to race is that you have to have had breast cancer, however, supporters are very welcome and can go on the safety boat and help the team in general). We train all winter, and will be starting in January, so contact me and I'll forward your information to the team "recruiters".

My e-mail info@janacmastectomywear.com or 1-866-290-0821/905-332-7576.

If you aren't close enough to join our team consider checking to see if there is a local team for you to join, trust me, you will have so much fun and meet so many new friends it will be worth it.

[Click Here for the video](#)

Belly Dancing - Interested???

Body Med Boutique in Burlington (Ontario) is having some fun nights in January, starting Thursday January 5th. Check this flyer [Goddess Within](#)

We all deserve some fun!!



Breast Cancer Fundraising Bracelet

glamjulz is still producing the beautiful bracelet to fundraise for the Breast Assessment Centre in Hamilton. Check out the bracelet [Humming Bird bracelet](#)

This newsletter is for *you* and we want to ensure *you* enjoy reading it! We welcome your feedback and if you have any comments or anything you would like to promote, please let us know. We will be happy to add it to our next newsletter. We've made getting your feedback even easier . . . click [here](#)

and let us know what you think!

Sincerely,

Janet Cockburn **JANAC MASTECTOMY WEAR**