



**presents**



## **Merrijig Retreat March 4-5-6<sup>th</sup> 2024**

### **WHAT IS CASTING FOR RECOVERY?**

Casting for Recovery retreats are fun indoor/outdoor activities that aim to inspire and energize women recovering from breast cancer treatment through the medium of fly casting. The gentle motion of fly casting can be good physical therapy for increasing the mobility in the arm and upper body.

#### **Program highlights**

- ▶ The two-and-a-half-day retreat is offered at **no cost** to the Participants
- ▶ The retreat incorporates both fly fishing instruction and social support.
- ▶ 12 Participants attend each retreat. Ages can range from 20 to 90+
- ▶ At least one medical professional, one psychosocial counsellor and fly tying and fly-casting instructors are present at each retreat
- ▶ The program is appropriate for women at least 4 months post-surgery, chemo or radiation and who have their doctor's approval



### **THE RETREAT**

To be held at The Sebel Pinnacle Valley Resort & Delatite River, Merrijig

This **FREE** and **FUN** retreat will be held within a relaxed and positive environment. There is no cost to participants. All meals, accommodation and fishing equipment are supplied. Just bring along your **sense of adventure, love for learning new things and the ability to enjoy a little pampering**. No fishing experience is necessary. Participants will be taught how to fly cast, how to tie flies and how to catch fish by highly experienced and patient fly-casting instructors and buddies. Pampering activities include an afternoon with **Look Good Feel Better**.

