



WHAT IS CASTING FOR RECOVERY?

Casting for Recovery retreats are fun outdoor/indoor 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 a fly-casting instructor 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



Key Locations:

- **El Kanah Lodge and Conference Centre** 975 Buxton-Marysville Rd, Marysville VIC 3779
- **Fly fishing on local lakes**

THE RETREAT

This **FREE** and **FUN** retreat will be held at **Marysville** Victoria 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 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**.