

THE RETREAT PROGRAM

April 4th, 5th, 6th 2022

This **FREE** and **FUN** retreat will be held at Ballarat, **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 members of the Ballarat Fly Fishers Club. Pampering activities include an afternoon with *Look Good Feel Better* and some nail care.

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 ending with a half day of guided catch and release fishing.
- 10 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:

Mercure Hotel – 613 Main Rd Ballarat
Lake Esmond Botanical Park – Lal Lal St
Ballarat Fly-Fishers – Wendouree Parade
Millbrook Lakes (fishing) Gordon

Contact Us:

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MONDAY 4th April

2-3pm	Staff arrive to set up
4pm	Participants arrive at Mercure Hotel I - 613 Main Rd Ballarat
4.30-6pm	Meet and greet – info about weekend including meeting buddies and Icebreaker with Dr Renata - conference room
6-7pm	Meal at Azzuri Restaurant
7:05-9pm	Fly tying - conference room

TUESDAY 5th April

8-9am	Breakfast
9:30-11:30am	Fly fishing practice session at Lake Esmond Botanical Park
11:30-12pm	Drive to Ballarat Fly Fishers
12 -12:40pm	Lunch
12:40-1pm	Participants Circle
1-2:30pm	Walk through Fairyland at the Lake to the Begonia House
2:30-4:30pm	Look Good Feel Better
4:30-6pm	Fishing on Lake Wendouree
6-7pm	Meal – BBQ
7-7.30pm	Evening Circle
8 pm	Head back to Mercure

WEDNESDAY 6th April

8-9am	Breakfast
9-9:30am	Hand in keys & Check out
10am	Fishing at Millbrook Lakes
12:30-1pm	Participants Circle
1-2pm	Lunch and presentation
2-4pm	Fishing (participants' choice)