

# Reeling & Healing Midwest

## Fly-Fishing Wellness Retreats



### for Women Surviving Cancer

## 2008 Retreat Schedule



New Participant Retreat	Reunion Retreat
July 13-15 Au Sable River, Grayling, MI	May 9-11 North Branch of the Au Sable River, Lovells, MI
July 27-29 Au Sable River, Grayling, MI	June 15 Muskegon River, Newaygo, MI
August 4-6 Au Sable River, Grayling, MI	July 19th - Annual One Day Pere Marquette River, Baldwin, MI
August 10-12 Au Sable River, Grayling, MI	September & October ( <i>dates pending</i> ) Pere Marquette River, Baldwin, MI
More dates to be coming soon!	Women's Intermediate Trout School
Custom Retreat Programs Available	Check out <a href="http://FishOn.org">FishOn.org</a> for more dates

*Reeling & Healing Midwest* is a non-profit organization that champions fly-fishing wellness retreats for women battling or recovering from cancer.

Our mission is to introduce these women to the healing powers of fly-fishing by providing a one-of-a-kind experience, on and off the river, which renews their spirit and hope through the combined elements of fly-fishing, nature, peer coaching, positive camaraderie and support.

Retreats are led by professional facilitators and certified fly-fishing instructors. The cost for a new participant to attend a retreat is \$25. All equipment, lodging and meals are provided. Scholarships are available. No prior fishing experience is required.

*Reeling & Healing Midwest* also offers a variety of "Reunion Retreats" for women who have participated in similar retreats with us or other organizations. More on-the-water fishing time, opportunity to advance fishing skills, and of course the camaraderie and support experiences are offered at these retreats.

**Renew Spirit. Renew Hope.**

**FISH ON with Us!**

FishOn.org

866-237-5725 or 616-855-4017

info@FishOn.org

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## Fly-Fishing Retreat Activities

New Participant Retreat for Women Surviving Cancer includes:

~**Opening Reception & Ceremony**

~**Fly-Fishing Basics** offering a general overview of equipment, casting techniques, how to read the water, entomology, safe wading, river etiquette and fly presentation.

~**Catch-and-Release Fly-Fishing** on the river or stream with the assistance of river guides.

~**Campfire Conversations**

~**Spirit Lifting Activities** are offered, vary with location and may include massage, healing touch, hair and wig assistance, lymphedema awareness, pedicure or manicure, cosmetic consultation and more.

~**Arch of the Fly Rods**

**Reunion Retreats** are open to any women who has attended our New Participant retreat or similar retreat with other organizations. The Reunion Retreat offers a fly-fishing casting and on-the-water review, ample fishing time, spirit lifting activities and other creative means of enhancing camaraderie and support.

All Reeling & Healing Midwest retreats are intended to:

Provide a safe, reflective environment for the participants to discuss their disease and recovery with other women with shared experiences, thereby providing support and information to help them in their recovery; Provide expert fly-fishing instruction that enables the participants to learn a new skill, form a healing connection with nature, and participate in a sport they can continue throughout their recovery and lifetime; Provide participants with information about cancer-related resources, to facilitate networking and enhance management of their recovery and survivorship.

Interested in participating, volunteering, supporting or learning more about Reeling & Healing Midwest fly-fishing wellness retreat programs?

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