



Register your interest For a Pink Flyfishing Clinic For women recovering from breast cancer

Research in the United States has shown that fly fishing for women recovering from breast cancer provides an opportunity for women who have been affected by the disease to gather in a beautiful, natural and relaxing environment and learn a fun new skill. These special fly-fishing clinics will offer women an opportunity to meet new friends and create a support network, but most importantly to have fun. Fly fishing is a sport where women can talk whilst fishing, and offer much needed support for each other.

Fly-fishing is an excellent form of recovery exercise for breast cancer surgery. We wish to assist those women who have undergone surgery or treatment to a speedy recovery and to introduce new participants to fly fishing. It is less physically demanding than dragon boat racing where breast cancer survivors have also made a significant impact.

Fly fishing techniques provide gentle exercise for joint and soft tissue mobility. Studies have shown that the casting motion is similar to the exercises prescribed by surgeons for women who've had surgery or radiation. It is a very gentle motion which promotes soft tissue stretching.

Learning a new life skill at such a traumatic time could also be beneficial in providing a fun positive activity at a very stressful time in your life. The outdoors soothes the soul and can provide women with an improved outlook on life. Being inspired by the recovery process in other women and seeing that other women are surviving breast cancer can be a powerful healing tool. It might even be something your partner or family could take up as well!

A series of coordinated clinics is seen as an ideal way to provide an opportunity for women to try fly fishing and to establish a network of friends who have been through similar experiences. The participants can voluntarily be included in a contact list of fellow participants if they so desire for future fishing buddies.

Dear Participant

You are invited to attend the Recfishwest **Pink Flyfishing Clinic**, a day of flyfishing and fun! Whether you are a beginner, or already have flyfishing skills, come along and enjoy yourself!

Lisa Sharp and Alan Guthrie will be conducting the clinic, with assistance from David Bell and other members from the Saltwater Flyrodders Association WA Inc.

When: **Saturday 6th December**

Where: **Point Walter (meet on the grass area in front of the jetty).**

Time: **Clinic commences at 9.30am and concludes at 11.30am. Refreshments and a light lunch will be provided after the clinic.**

What to wear: **Comfortable clothes, a hat, sneakers/sandals you don't mind getting wet, and sunglasses. If you have a pink shirt from the last year, feel free to wear it. Plenty of sunscreen will be made available on the day.**

Ladies if you already have a flyfishing rod you may choose to bring it along, otherwise rods, reels and tackle will all be provided on the day.

The **pink flyfishing clinic** will be conducted **free of charge** and there will be giveaways on the day!

RSVP to Lisa Sharp by 28th November
Phone: 0405271859 or 94472824
Email lisa.sharp13@hotmail.com

If you know of anyone else who might also be interested in attending, please forward this invite onto them, and they may register on the above phone number or email address.

Lisa Sharp is a writer for the Fishing Western Australia magazine and will be writing an article about the clinic for an upcoming issue of the magazine. Please let her know if you do not wish to have your photograph published.

From

Lisa Sharp and Alan Guthrie

