



Attention: News Editor/Chief of Staff

### Pink Flyfishing Clinic – “Fish and Fly”

“Recfishwest’s first ever “Pink” flyfishing clinic for women recovering from breast cancer was successfully launched on Wednesday 28 November 2007 at Point Walter ” Executive Director Frank Prokop said today.

Eleven women recovering from breast cancer attended the clinic receiving expert tuition in the art of flyfishing from internationally renowned fishing personality 'Reel Girl' Jeni Lerch.

“With all but one participant picking up a fly rod for the first time the progress of the participants in the space of the 2 hour clinic was amazing. The windy conditions proved a challenging first introduction to the sport, but the ladies were very enthusiastic and determined.” Jeni Lerch said today.

A number of participants proved they had real talent for flyfishing and there was keen interest amongst participants to have follow-up clinic to further develop their skills.

Research in the United States has shown that flyfishing 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.

Flyfishing 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.

Recfishwest is hopeful that this first clinic can be a stepping stone for a series of coordinated clinics for other women recovering from breast cancer. These clinics provide an ideal opportunity for women to try a new and exciting activity and to establish a network of friends to aid in their recovery from breast cancer.

“We are delighted with the success of this first clinic”. Frank Prokop said.

The clinics are an initiative of Recfishwest and supported by the Healthway and the Cancer Council WA. Support was greatly appreciated from **SHIMANO** who provided the ladies with quality *Pink* fishing shirts. For more information please visit our web site [www.recfishwest.org.au](http://www.recfishwest.org.au)

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# Recfishwest Media Statement





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