



## Announcing....

# 2009 Casting for Confidence-North

## *Introducing the Sport of Fly Fishing to Breast Cancer Survivors*

- **Why fly fishing?** It provides beneficial exercise, relieves stress and is a wonderful way to spend time outdoors in a beautiful setting.
- **Who can participate?** Women breast cancer survivors, especially those beginning to resume normal physical activity after surgery and/or chemotherapy. Preference will be given to participants who have never participated in a previous CFC-North retreat. There will be 24 spaces which will be filled in the order that the applications are received.
- **Cost?** None
- **What to Bring?** All equipment, supplies and food for the day will be provided. Bring sunglasses, sunscreen, hat, and a light jacket.
- **When?** **Saturday, October 17th, 2009 (Sign-up deadline September 11)**
- **Where?** Frog Hollow, a beautiful, privately owned section of the Chestatee River near Cleveland and Dahlonega, GA .

### **What will the retreat day be like?**

8:30-Registration, Introductions, Warm-up

9:30-11:30-Learn about Fly Casting; Equipment, Knots and Fish Food

12:00-Lunch

1:00-Fly Fishing and Fly Tying

5:00-6:30-Supper and Awards

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### **2009 CFC Sign-Up Form**

Name \_\_\_\_\_

Address: \_\_\_\_\_

(City, State, Zip) \_\_\_\_\_

Phone # \_\_\_\_\_

Email \_\_\_\_\_

Mail to: Suzanne Chalk/CFC

3808 Tawny Birch Ct.

Decatur, GA 30034

For Questions:

Ph: 404-429-0250

[smchalk@yahoo.com](mailto:smchalk@yahoo.com)

How did you learn about CFC? \_\_\_\_\_

Have you attended a previous CFC? \_\_\_\_\_ If yes, when? \_\_\_\_\_