

QUALITIES OF LIFE HEALTH

# Retreat for cancer survivors is a lure

Fly-fishers get to connect with outdoors, others

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What a difference a weekend makes when breast-cancer survivors gather in a serene setting to fly-fish. Through Casting for Recovery retreats, women relax, forge new friendships and find support, all the while learning a new skill with physical and spiritual benefits.

"After having a life-threatening illness, it's energizing to learn something new. It takes your mind off your stress and brings you to beautiful places", states Seline Skoug, the program's executive director.

Casting for Recovery was the inspiration of breast reconstructive surgeon Dr. Benita Walton of Dartmouth-Hitchcock Medical Center in Lebanon, N.H.; and Gwenn Perkins, a fly-fishing instructor for the Orvis Co. Fly-fishing uses a very gentle casting motion similar to exercise prescribed after surgery.

"The activity of casting is quite an act of motion," Walton said. "It moves the entire arm and in some ways the whole body."

For more information or to register for a retreat, visit [www.castingforrecovery.org](http://www.castingforrecovery.org).