

# Casting for Recovery

A pink starburst graphic with multiple sharp points, positioned behind the word 'Recovery' and extending towards the right side of the image.

*Mid-Atlantic*

# Our Founders

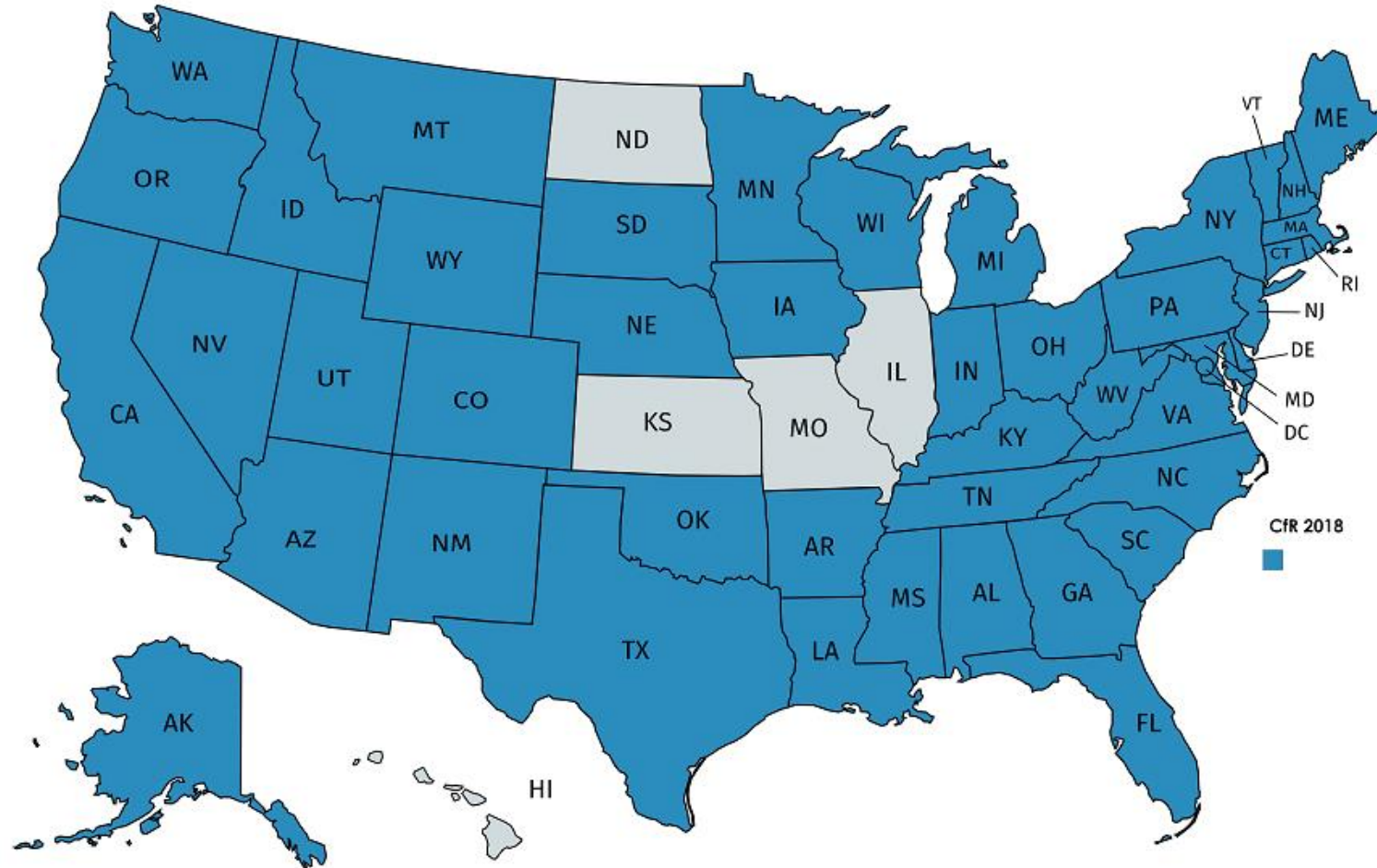
Dr. Benita  
Walters



September  
1996

Gwenn Wisell  
Perkins  
(now Bogart)

# CfR Programs













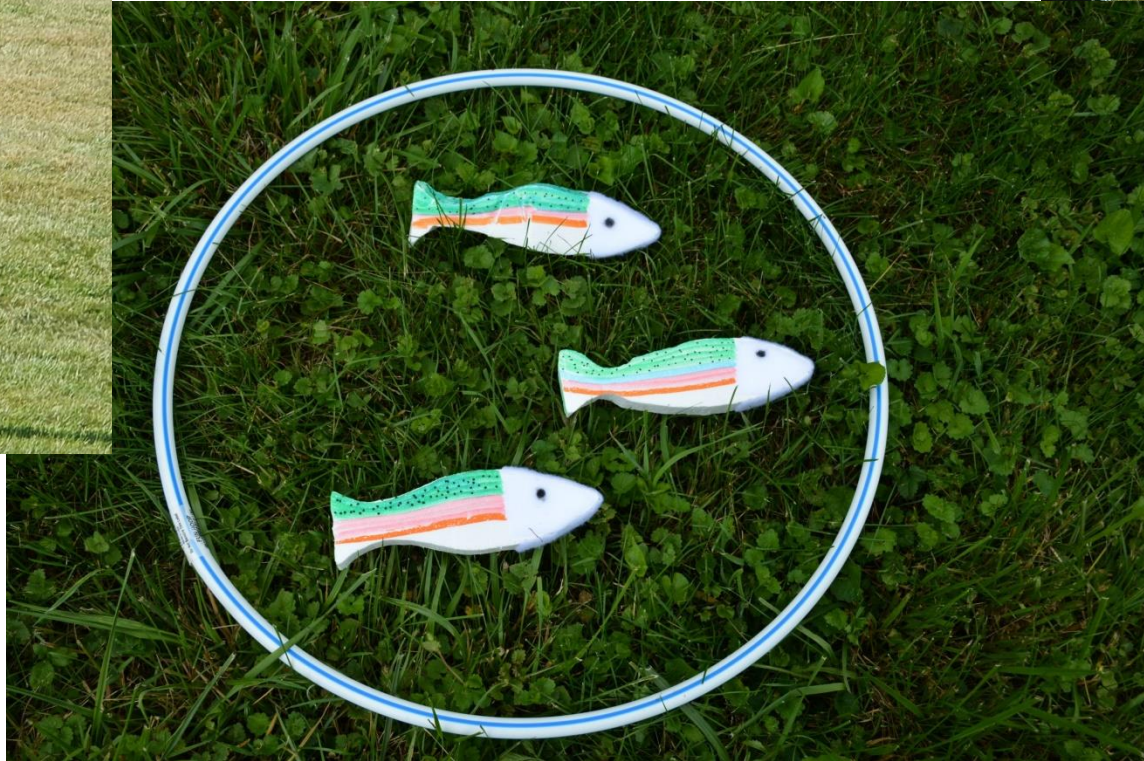
















# “BUG WALK”

OR  
How to Introduce  
Ladies to Creepy  
Crawly Things



Aquatic  
Entomology  
for those who  
will probably  
never use it  
ever again

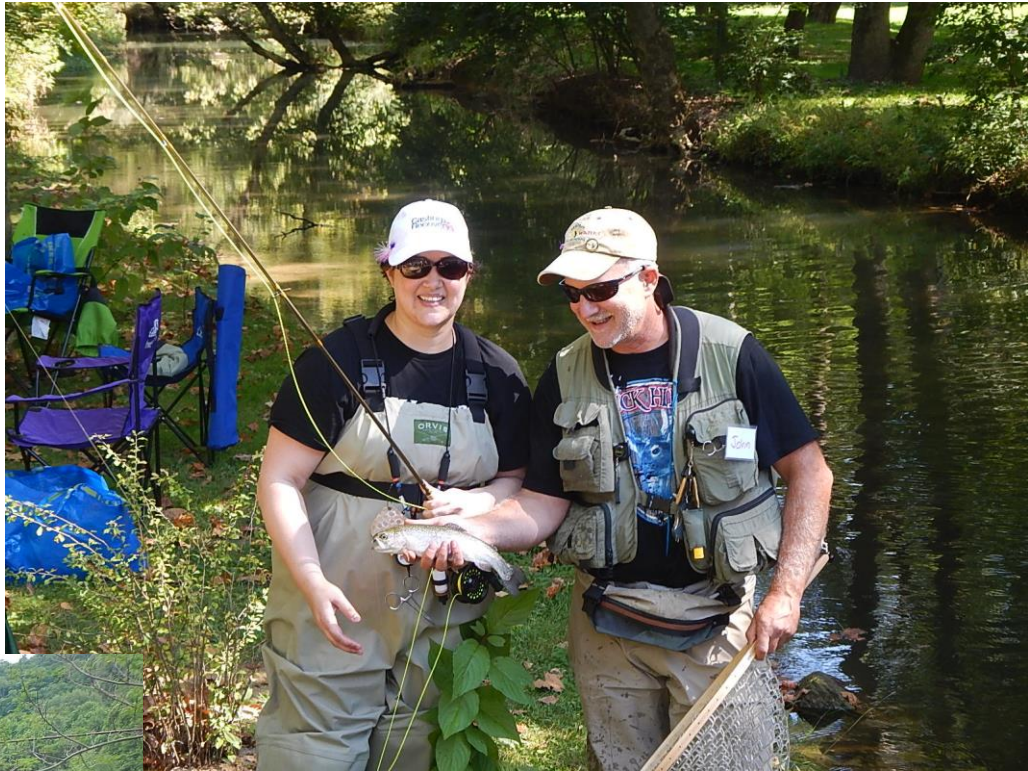


Just make it  
All  
Part of the  
Adventure!















## Participant Comments May 2018

“I love the out doors almost any way I can get it but often times we are only spectators. We go "see“ and visit Mother nature. Fly fishing makes you a part of the environment, a participant in it.”

“Fly Fishing also requires a focus that allows no other thought to cross your mind. The Zen of flyfishing is real.”

“This retreat is not a pity party support group This retreat attracts women looking for answers and personal empowerment...  
CfR is a group, no matter what the stage of cancer, of women figuring out how best to live.”



# How You Can Help: Volunteer

- Go to [www.castingforrecovery.org](http://www.castingforrecovery.org) and look for the volunteer application.
- Put “Mid Atlantic” in the “Program” box so your name will come to us





Thanks for  
Listening!

**Casting for  
Recovery**  
*Mid-Atlantic*







## GOLDEN RETRIEVER

- **Ingredients:**
- **Streamer Hook size 6**
- **Brass or Rainbow brass bead**
- **Red thread, UNI size 3**
- **Marabou, tan or ginger**
- **Estaz, tan or ginger**