## Laugh Inform Support Talk Empower

## 2024 WomenLISTEN, Inc. Fly-Fishing Retreat

August 3, 2024
Beach Lake Lodge, Chugiak, AK
Applications Due July 15, 2024

The retreat is available free of charge to women who have had a diagnosis of any cancer. This <u>one-day</u> retreat (no overnight activities) will be limited to 10 women. Retreat facilities are rustic, but the lodge includes a kitchen and indoor restroom. You can see additional <u>information about the lodge on Facebook</u>. Come prepared to have an enjoyable, very active, fun-filled day, packed with laughter and information, as you build a supportive, empowering network through talking and fly-fishing activities. We have fishing gear, including float tubes, fins, rods, reels and waders, in sizes that will fit most women.

Applications will be reviewed, and preference will be given in the following order:

- 1. Women who have had a cancer diagnosis, have attended WomenLISTEN group meetings (held Fridays on Zoom, 10-11:30 a.m.) and who have never attended the fly-fishing retreat previously.
- 2. Women who have had a cancer diagnosis but have never attended WomenLISTEN group meetings.
- 3. Women who have previously attended our fly-fishing retreat.

All women who apply for the retreat must be able to: easily walk at least 50 yards, ascend and descend stairs; stand for periods of time; lift and cast a fly rod; use both legs to kick backward in a float tube; and verbally communicate in English.

A copy of the retreat schedule, a checklist of suggested retreat items, and directions to the Beach Lake Lodge will be sent to you upon approval of your application.

## For an application go to www.womenlisten.org

For additional information contact:

**Bonnie Flyum, Retreat Facilitator** 

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Phone Number 907-244-4383

WomenLISTEN, Inc. is a local Alaska not-for-profit organization.