



Our Charity

Casting Carolinas Mission

Casting Carolinas aims to enhance the quality of life for women surviving all types of cancer through a unique program that combines cancer education and peer support with the therapeutic sport of fly fishing.



All Casting Carolinas' retreats and events are low or no cost weekend retreats and are staffed by volunteers who are experienced, skilled professionals. Our staff are trained to work with survivors and dedicated to providing a retreat experience that enhances quality of life. Our trademarked F. L. O. W. program model offers much more than fly-fishing instruction! We teach the skills that can help women deal more effectively with the emotional challenges of cancer survivorship. All Casting Carolinas alumnae become part of a support network, The Casting Carolinas Fly Fishing Sisterhood, and have the opportunity to participate in on-going gatherings and events including an annual retreat weekend.

We are an independent 501c (3) organization and was founded so that our unique new F. L. O. W. program could be offered to women surviving all types of cancer. Casting Carolinas is committed to working with local communities across North and South Carolina to make retreats possible for all survivors. Understanding that some women are not able to attend a Three-day Retreat, we have a program that also includes One-day Retreats and activities.

Developmental Milestones

Skills such as taking a first step, smiling for the first time, and waving "bye bye" are called developmental milestones. Children also reach milestones in how they play, learn, speak, act, and move (crawling, walking, etc.). Developmental milestones help us determine how well our babies are learning and growing when compared to other children. As a parent of twins, what should you expect? How do these milestones compare for twins as opposed to singletons? We will have a panel of developmental specialists (Physical Therapist, Occupational Therapist, Speech Language Pathologist) with us to discuss what to look for in developmental milestones and what to do if you're worried about your children's development or think there's a problem. Heather Landry, MPT, Licensed Physical Therapist and Clinical Director of Pediatric Therapy Network and staff (www.ptnnc.com) will join us to share information about what parents need to know and answer all your questions.





Wine Pairing

Join us for a fun and educational wine pairing showcasing the unique wines of Woodmill Winery. Located right here in the Catawba Valley in Vale, North Carolina, Woodmill Winery offers some of the best wine in the world made from Muscadines, Scuppernongs, Blackberries and Blueberries. Their sweet Muscadine and Scuppernong wines are light and fruity with intense bouquets similar to ice wines. Their Blackberry wines are full bodied and robust with oak and tannin overtones similar to typical desert wines. Sip, swirl and sample each of their wines and learn how they are made as well as which foods to pair them with. The cost is \$10 per person and includes a complimentary tasting glass.

Christmas Craft

Make a custom wooden Christmas Countdown Days sign provided by **Our Blessed Nest**. This make it and take it craft session is fun and very affordable at only \$15 for all supplies. Any child (or adult!) will enjoy changing the date leading up to Christmas. If you are an early planner, you can start counting down in January! Come and join the fun.



Essential Oils and Emotional Health

We've all heard the old saying, "If Momma ain't happy, ain't nobody happy". If that's true at your house, or if it's the baby, the teenager or even Dad who's not happy, chances are someone in your home can benefit from something to help support their moods or help with emotions, feelings of anxiousness, lack of energy or focus. If you are looking for a more natural, holistic approach to dealing with these issues, come join Natalie Brett Daggerhart with doTERRA Essential Oils for an informative session about how essential oils work and how they can support your emotional health and wellbeing. Learn about all the latest medical research being done on oils and how your moods, emotions and even hormones

can be powerfully affected by them. In addition to informative hand-outs and recipes, we will have an emotional health roller ball available for you to "make and take" for an extra \$3.00 during the class. Pre-payment for the roller bottle is not required, but we do ask that you register so that we will know how many people to plan for.