

100+ Women Who Care Supports Casting for Recovery

Reeling in healing, one cast at a time

BY KIM TARNOPOLSKI



Kara Medlock, Crissy Haidos, Karen Gremminger, Katherine Katz, and Patty Nix

In a world where hope and healing often feel like distant dreams for those battling breast cancer, there exists an organization that offers both comfort and strength through the power of nature. Casting for Recovery is a unique program that brings together women who are navigating the journey of breast cancer recovery through a therapeutic combination of fly-fishing and community.

Casting for Recovery has touched the lives of thousands of women across the United States. The organization's mission is to provide women with breast cancer the opportunity to heal physically, emotionally, and spiritually in an environment that promotes relaxation, connection, and empowerment. The retreats are offered free of charge, ensuring that any woman—regardless of her financial situation—has the chance to experience this life-changing opportunity.

The magic of Casting for Recovery lies in its blend of fly-fishing and wellness. When a woman steps into the calm, flowing waters with a fly rod in hand, something remarkable happens. For many, the water becomes a space where the burdens of illness and fear can be temporarily set aside. But it's not just the healing power of nature that makes this program so impactful; the community it creates is equally transformative. In this safe, supportive environment, the shared experience of cancer becomes a catalyst for profound emotional healing.

Casting for Recovery doesn't just cast a line into the water—it casts a line of hope, healing, and connection that brings women together, making them feel whole again.

In April, Karen Gremminger shared the mission of Casting for Recovery with her 100+ Women Who Care Valley of the Sun group in the East Valley. The members were moved by her presentation and selected the charity to receive their quarterly donation of \$10,387.

"We are so grateful for the generosity of 100+ Women Who Care. We will be able to fund our upcoming retreat this May as well as jump-start our fundraising for our 2026 retreat," shared Gremminger, Arizona Chapter Director. "Each year, we rely on the generosity of our community partners to fund these life-changing retreats. THANK YOU!"

Since the chapter's inception in 2015, 100+ Women Who Care Valley of the Sun has donated over \$1.4 Million to local charities. To learn more or to register for their upcoming giving circle on April 22, 2025, visit 100wwcvalleyofthesun.org. Guests are welcome.

To learn more about Casting for Recovery, visit castingforrecovery.org.