



Tim Donovan/FWC

### More information about Florida BOW

can be found at [MyFWC.com/BOW](http://MyFWC.com/BOW). At this website, you will find workshop dates and locations, registration forms and fees, workshop schedules, session descriptions and session topics. You also may contact the Becoming an Outdoors-Woman office at the Florida Fish and Wildlife Conservation Commission, 8535 Northlake Boulevard, West Palm Beach, FL 33412, by telephone at 561-625-5122 or e-mail [BOW@MyFWC.com](mailto:BOW@MyFWC.com).



[MyFWC.com](http://MyFWC.com)

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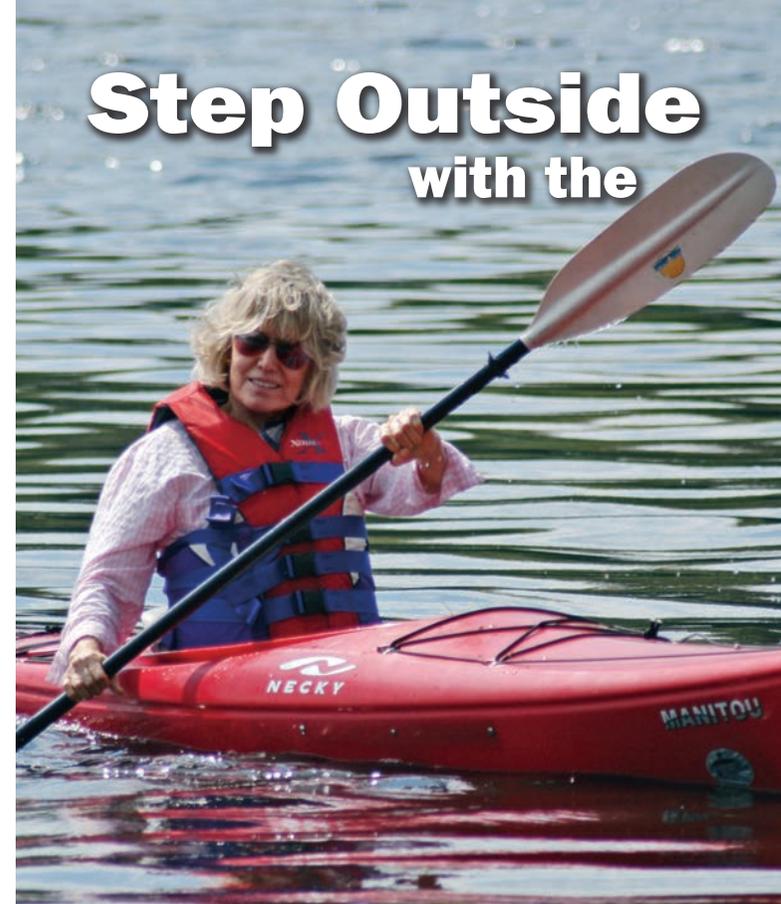
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Florida Fish and Wildlife  
Conservation Commission  
Becoming an Outdoors-Woman Program  
8535 Northlake Boulevard  
West Palm Beach, FL 33412



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# Becoming an Outdoors~ Woman® Program



Florida Fish and Wildlife  
Conservation Commission

[MyFWC.com](http://MyFWC.com)



### **Becoming an Outdoors-Woman (BOW)**

is an educational program aimed at making women more comfortable and more aware of the outdoor world around them. We encourage a supportive environment conducive to learning, making friends and having fun.

BOW workshops are offered by the Florida Fish and Wildlife Conservation Commission and held in a camp setting. Meals, lodging and equipment are provided.

BOW means becoming more competent, more confident and more aware. BOW is an award-winning outdoor skills program that offers women a chance to grow.

The three-day workshops introduce women to a variety of outdoor activities including hunting, shooting, fishing, camping and kayaking. Participants choose from a list of more than 25 activities.

The women who attend BOW workshops gain self-confidence and self-esteem, in addition to outdoor skills. Women all across the country have told us BOW has changed their lives.

BOW welcomes women from all backgrounds to enjoy camaraderie with other women in a supportive, non-competitive learning environment. Participants span the ages of 18 to 80 plus. In addition to learning new activities, BOW participants also are treated to a variety of evening entertainment.



Photos by Tim Donovan/FWC

The focus for the weekend is learning in a comfortable atmosphere.

The workshops begin around noon on Friday. Fun remains the key word from start to finish during three days of camaraderie with like-minded women!

### **BOW is for you if...**

- You've never tried these activities, but hoped for an opportunity to do so
- You'd like to improve your outdoor skills
- You'd like to try some new activities
- You're looking to meet like-minded individuals
- You're 18 years or older

### **Choose your sessions**

- Introduction to pan fishing
- Introduction to bass fishing
- Introduction to fly fishing
- Introduction to shooting sports
- Introduction to geocaching and GPS
- Introduction to aquatic ecosystems
- Boating basics
- Canoeing/kayaking basics
- Basic camping/backpacking skills

- Florida whitetails
- Small-game hunting basics
- Talkin' turkey
- Introduction to handgun shooting and hunting
- Bowhunting basics and bowhunting certification course
- Hunter safety certification course
- Basic archery skills
- Basic wilderness survival skills
- Outdoor photography basics
- Bird-watching basics
- Introduction to reading the woods
- Primitive chef
- Basic personal safety skills
- Basic wilderness first aid
- Introduction to shotgun shooting and hunting
- Introduction to muzzleloaders
- Map and compass basics
- Knot-tying basics

For a complete description of these sessions and a current registration form, visit [MyFWC.com/BOW](http://MyFWC.com/BOW).

