

Join us for conversation and community

# CFF CARES



As a family member or friend of someone living with CF, we invite you to join others to connect, encourage, and share experiences.

“CF can be a very isolating disease. It was nice to meet and share experiences with others who go through many of the same struggles. It also felt good to share some of my personal success stories in the hopes that others can benefit.”

— CFF Cares Participant



**Rochester** – Tuesday, April 2, 2019 | 6:30pm | Toasted Bear Tavern

**Buffalo** – Sunday, April 7, 2019 | 4:00pm | Chef’s Restaurant

RSVP to Sara at (716) 204-2535 by Friday, March 29 for Rochester and by Wednesday, April 3 for Buffalo

*Appetizers will be provided. Space is limited.  
Family members are welcome!*

**Important Note on Attendance at Foundation Events:** To reduce the risk of getting and spreading germs at CF Foundation-sponsored events, we ask that everyone follow basic best practices by regularly cleaning your hands with soap and water or with an alcohol-based hand gel, covering your cough or sneeze with a tissue or your inner elbow and maintaining a safe 6-foot distance from anyone with a cold or infection.

Medical evidence shows that germs may spread among people with CF through direct and indirect contact, as well as through droplets that travel short distances when a person coughs or sneezes. These germs can lead to worsening symptoms and speed decline in lung function. To further help reduce the risk of cross-infection, the Foundation’s attendance policy recommends inviting only one person with CF to an indoor Foundation-sponsored event at a specific time.