

2019 VIRTUAL EVENTS

for the CF community



ResearchCon

Feb. 28 For people with CF and their families

CF FamilyCon

June 9 For people with CF and their families

BreatheCon

Sept. 20-21 For people with CF

CF MiniCon: Transplant

Nov. 14 For people with CF and their families



To register: cff.org/VirtualEvents

VIRTUAL EVENTS

Building a Virtual CF Community

Designed by and for adults with cystic fibrosis and their families, virtual events provide the opportunity to **connect**, **share**, and **learn** from peers **through open and honest dialogue**.

Virtual events feature **keynote panels**, **fun activities**, **group chats**, and **small group video breakouts** on issues that are unique to people living with CF and their families, from maintaining relationships to major life transitions. Discussions focus on overall well-being, not clinical care, and are not for clinicians.

Topics

- Advocating at Clinic and in the Hospital
- Balancing School, Work, Social Life, and Family
- Considering Transplant
- Creative Outlets
- Emotional and Mental Health
- Exercise
- Facing Your Own Mortality
- Family Planning
- Intimacy
- Life Post-Transplant
- Making Your Partner Part of Your CF
- Meditation and Yoga
- Scaling Back Work
- Self-Care
- Transitioning to Adult CF Care
- Traveling with CF

Opportunities

- **RESEARCHCON**
Multi-Hour Virtual Event on CF Science and Research around Infection, for People With CF and their Families
- **CF FAMILYCON**
Multi-Hour Virtual Event for Family, Friends, and Caregivers of People With CF
- **BREATHECON**
Two-Day Annual Virtual Conference for Adults With CF
- **CF MINICON**
Multi-Hour Topic-Specific Virtual Event



Get Involved

Get more information and register.

Visit cff.org/VirtualEvents.

Questions or interested in volunteering?

Email virtualevents@cff.org.

