

# 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](https://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

researchCON  
CYSTIC FIBROSIS FOUNDATION



CFfamilyCON  
CYSTIC FIBROSIS FOUNDATION

BREATHECON  
CYSTIC FIBROSIS FOUNDATION

CFminiCON  
CYSTIC FIBROSIS FOUNDATION

### Get Involved

Get more information and register.

Visit [cff.org/VirtualEvents](https://cff.org/VirtualEvents)

Questions or interested in volunteering?

Email [virtualevents@cff.org](mailto:virtualevents@cff.org)

