



CFRI TEEN & ADULT DAY RETREAT

August 6 – August 11, 2006

Located at Vallombrosa Center in Menlo Park, California

Theme: *Trick Or Re-Treat!*

Meet Some Great Friends!

Feel Like You're Not Alone!

Learn more about taking care of your CF!

This is a place for hope and healing!

Who Can Come: Teens, 15 -18 years and adults with cystic fibrosis, their family members and health care providers

Purpose of the Day Retreat: The retreat provides a safe and welcoming environment aimed at enhancing positive coping skills, social support and education for people who share common experiences with CF.

What We Do: Activities that promote health include daily exercise, arts and crafts, rap sessions, and educational workshops with guest speakers. Fun group-bonding activities include a talent show, games, and just hanging out getting to know others.

Cost: \$65 per person for the entire week. Daily fees are \$15 per day for visitors, or \$10 per meal for those who drop in for a meal only. Overnight accommodations and transportation are the responsibilities of participants. Scholarships are available for those unable to pay fees.

Safety: All people with CF are required to comply with cross infection behavioral precautions. A medical advisor is available at all times, and volunteers are available to assist with respiratory treatments. Participants with CF must obtain a sputum culture before the start of the retreat. People who have ever cultured *Burkholderia cepacia*, cultured Methicillin-resistant *Staphylococcus aureus* (MRSA) within the past 2 years, or are currently resistant to all antibiotics will not be allowed to attend the retreat.

We'd Love To See You There!
For An Application, Please Contact:



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