

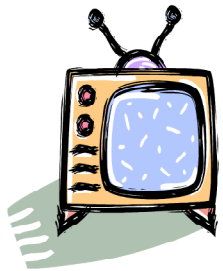
Don't Miss The CFRI Day Retreat!

CFRI encourages all persons with CF to attend the day retreat, even if you can't attend all six days. You will long remember this rewarding experience. You will learn new ways to manage cystic fibrosis and share your experiences with peers who truly understand. You will establish friendships which will last a lifetime, ones that will guide you through the rest of your journey living with cystic fibrosis.



For more information, contact:

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Driving Directions

From San Francisco

101 South (Bayshore Freeway) to Marsh Road. Right at Marsh Road. Continue one mile to Middlefield Road (dead end). Left on Middlefield. Two traffic lights to Oak Grove Avenue. Right on Oak Grove Ave. Vallombrosa is on the right at 250 Oak Grove Ave.

280 South to Woodside Road. Turn left on Woodside Road to El Camino Real South (three miles). Turn right on El Camino Real (south). Continue 2.5 miles to Oak Grove Ave. Left at Oak Grove Ave (over RR tracks). Vallombrosa is on the left at 250 Oak Grove Ave.



From San Jose

101 North (Bayshore Freeway) to Willow Road west- Menlo Park exit. Continue on Willow Road to Middlefield Road (large intersection, service station on right). Right on Middlefield to third stop light, Oak Grove Avenue. Left on Oak Grove Ave. Vallombrosa is on the right at 250 Oak Grove Ave.

280 North to Page Mill Road exit. East to El Camino Real. Left on El Camino Real to Oak Grove Ave (3 1/2 miles). Right on Oak Grove Ave, over railroad tracks. Vallombrosa is on the left at 250 Oak Grove Ave.

Cystic Fibrosis Annual Day Retreat

For Teens and Adults with
Cystic Fibrosis and their Families

August 3 – August 9, 2010

Retreat 2010
Must See TV:
CF in Hi-Def!



Location:
Vallombrosa Retreat Center,
Menlo Park, California.
(650) 325-5614

Who can come?
Teens 15 and older and adults
with cystic fibrosis.

Sponsored by
Cystic Fibrosis Research, Inc.



⚙️ Purpose of the Day Retreat:

The retreat is designed to provide a safe and welcoming environment aimed at enhancing positive coping skills, social support and education for people who share common experiences with CF.

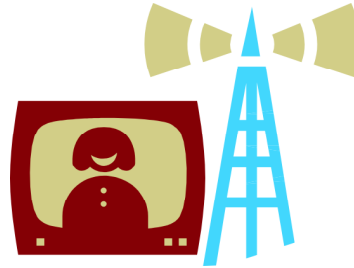


⚙️ Activities at the Retreat:

Daytime recreational activities include sports events, arts and crafts, swimming and hiking, inspired by a TV theme. Psychosocial activities will take place daily including rap sessions that specifically target teen and adult issues. The retreat will also sponsor educational workshops on self-care, CF medical interventions and other related topics. The retreat provides three high calorie meals a day. Snacks are provided as well.

⚙️ Accommodations:

Overnight accommodations are available at the Vallombrosa Center, but must be booked individually. A list of local hotels is also available. We require that people with CF stay in individual rooms with private baths, which only a non-CF person may share. Vallombrosa Center is located in a secluded area of Menlo Park, California, just minutes away from Stanford Hospital.



⚙️ Who May Attend?

Any adult who has CF may attend.*

Teens with CF who are 15 –19 may attend provided a parent or guardian accompanies them.*

The retreat also welcomes health care professionals, non-CF siblings of people with CF, friends, family members, and anyone else interested in attending this very special community event. All visitors must have a retreat attendee sponsor.

* Provided that their recent sputum cultures have been approved by their own CF physician.

⚙️ Cost

CFRI is offering the retreat for a cost of \$85 per person for the entire week. Fees are \$15 per day for visitors or \$10 per meal for those who drop in for a meal only. Costs for overnight accommodations are the responsibility of participants. Scholarships are available for those unable to pay fees. Deposits and applications are due July 23, 2010. Balance of fees will be due August 3, 2010. Space is limited.

Applications/reservations will be on a first come first served basis.



Medical safety is our priority:

A medical advisor is available at all times, and volunteers are available to assist with respiratory treatments. Due to possible cross infection, all participants with CF are required to 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.

*CFRI has developed strict infection control guidelines so that the retreat can be as safe as possible for all participants. These guidelines include observing proper hygiene while at the retreat as well as the pre-retreat sputum culture screening of CF patients. All retreat participants must be willing to follow these cross infection guidelines.

