



CYSTIC FIBROSIS TEEN & ADULT DAY RETREAT

August 3 – August 9, 2010

Located at Vallombrosa Center in Menlo Park, California

This Year's Theme:

Retreat 2010

Must See TV: CF in Hi-Def!



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 and adults 15 years and older with cystic fibrosis*, their family members, friends 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: \$85 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 responsibility 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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