

CFRI's Cystic Fibrosis Wellness Classes: Virtual Programs to Improve Physical and Mental Health



CF Wellness Program was developed in recognition of the positive impact of movement and exercise upon one's physical and mental health. These online classes are free, fun and interactive, and are open to those

with CF, as well as their parents, spouses, partners and siblings nationwide. Participants have the opportunity to improve their physical and emotional health while working out in a supportive online environment.

Classes are held on alternating Thursdays (4:00 pm PT / 7:00 pm ET) and Saturdays (9:00 am PT / 12:00 pm ET), and offer a range of classes, from Yoga and Groov3 to stretching and mobility. You can register for the Thursday and/or Saturday track, and attend as many classes as you would like. You will receive a reminder with a link either the night before or the day of each class.

No experience is required for any classes, and all abilities and mobilities are welcome! For the complete schedule and to register, go to cfri.org/wellness-classes/.

CFRI's CF Wellness Classes are sponsored by Vertex Pharmaceuticals and Viatris, with additional support from individual donors



Faces of CF: Serving our Diverse Community

Imagine suffering every symptom of cystic fibrosis for years, but your physicians do not test you for the disease because the color of your skin does not match their incorrect assumptions about race and CF. Unfortunately, these types of experiences are all too common in our CF community. CFRI wants to change this.

CFRI is committed to inclusion, justice, and equity for all members of the CF community. Our Faces of CF Diversity & Inclusion Program raises awareness among medical care providers and communities of color that CF impacts people of every race and ethnicity, while improving CFRI's resources and support to all those impacted by the disease. Our work is guided by an engaged Cystic Fibrosis Diversity and Inclusion Advisory Committee, whose input is vital in the creation of enhanced outreach and support.

CFRI recently conducted its second annual survey of CF social workers, asking them to identify gaps in resources experienced by their patients, and in particular, those patients and families who do not speak



English. The top four cited resources were financial support; printed resources; online videos and podcasts; and support groups. We will use this information to build upon progress made in 2023.

CFRI has greatly expanded our print resources, including the updated "Fibrosis Quística en la Clase," while ensuring our website is

fully accessible in multiple languages. Our YouTube channel has a growing list of podcasts available in Spanish, and we offer an online monthly support group for Spanish-speaking members of our community, facilitated by a licensed clinical social worker.

Efforts are focused on improving access and health outcomes. CFRI is reaching out to community health clinics serving diverse communities – targeting those serving the Hispanic/Latinx community – to distribute information and resource materials to their patients and families to increase awareness of cystic fibrosis in this often overlooked community.

CF can be an isolating disease. The sense of being rare within a rare disease can be alienating, limit access to resources, exacerbate health disparities, and worsen mental health. CFRI is committed to being a partner to our community in addressing this unmet need.

CFRI's Faces of CF Diversity & Inclusion Program is sponsored by Viatris, Vertex Pharmaceuticals, Gilead Sciences, Genentech, and Chiesi USA