

2026 CF Spring Retreat Studio 65

PDT	Monday 4/6 LOD: Jessica	Tuesday 4/7 LOD: Devin	Wednesday 4/8 LOD: Sonya	Thursday 4/9 LOD: Todd	Friday 4/10 LOD: Jessica
8:30 AM		Start: 8:30 AM - 60 min	Start: 8:30 AM - 60 min	Start: 8:30 AM - 60 min	Start: 8:30 AM - 60 min
8:45 AM					
9:00 AM		Breakfast	Breakfast	Breakfast	Breakfast
9:15 AM		In person	In person	In person	In person
9:30 AM					
9:45 AM					
10:00 AM					
10:15 AM					
10:30 AM					
10:45 AM			Below sessions are split tracks		
11:00 AM		Start: 11:00 AM - 90 minutes	Start: 11:00 AM - 75 min	Start: 11:00 AM - 75 min	Start: 11:00 AM - 90 minutes
11:15 AM			Urology Health and Cystic Fibrosis	Start: 11:15 AM - 75 min Menopause Symptoms & CF:	
11:30 AM		Support Group	John P. Lindsey II, MD, Meng	Art Project: Paper Stained Glass	Closing Rap
11:45 AM		Facilitator: Sonya Hagget, LCSW	Hybrid	Susan Fink	
12:00 PM				Hybrid	
12:15 PM		In Person			In Person
12:30 PM		Start: 12:30 PM - 60 min	Start: 12:30 PM - 60 min	Start: 12:30 PM	Start: 12:30 PM - 60 min
12:45 PM					
1:00 PM		Lunch	Lunch	Grab & Go lunch with picnic in the park	Lunch
1:15 PM		In person	In person		In person
1:30 PM					
1:45 PM		Start: 1:45 PM - 75 min	Start: 1:45 PM - 75 min		
2:00 PM		Reflections on 30 Years in Cystic Fibrosis Research	The Overlooked Symptom: Evaluating and Treating Headaches in CF		
2:15 PM		Beate Illek, Ph.D.	Megan Drews Dordai, PT, DPT		
2:30 PM		Hybrid	Hybrid		
2:45 PM					
3:00 PM	Start: 3:00 PM				
3:15 PM	Check in/Registration		Start: 3:15 PM - 90 minutes		
3:30 PM		Start: 3:30 PM - 75 min	Support Group	Start: 3:30 PM - 90 minutes	
3:45 PM	Rotunda	Nutritional Needs of People with Cystic Fibrosis	Facilitator: Alanah Rosenbloom, MSW	Support Group	
4:00 PM	In Person	Emily Yelencich, MS, RD	In Person	Facilitator: Sonya Hagget, LCSW	
4:15 PM		Hybrid			
4:30 PM					
4:45 PM	Start: 4:45 PM - 90 min				
5:00 PM	Welcome to Retreat & Intros	Start: 5:00 PM - 60 min	Start: 5:00 PM - 90 minutes		
5:15 PM		Slow Flow Yoga		Start: 5:15 PM - 60 min	
5:30 PM	Team Building - Cover Story	Deb Menet, LCSW	Write it Out!	Finish Awards	
5:45 PM		In Person	Brice Baumgartner		
6:00 PM	Hybrid for Team Building				
6:15 PM			Hybrid		
6:30 PM	Start: 6:30 PM - 60 min	Start: 6:30 PM - 60 min	Start: 6:30 PM - 60 min	Start: 6:30 PM - 60 min	
6:45 PM		Dinner	Dinner	Dinner & Awards	
7:00 PM	Dinner	Bedtime Boogie: Lounge Chic	Soul Train Swagger	Chronically Fabulous CF Chic - Glitz & Glamour	
7:15 PM					
7:30 PM					
7:45 PM	Start: 7:45 PM - 90 min	Start: 7:45 PM - 90 min	Start: 7:45 PM - 90 min	Start: 7:45 PM - 90 min	
8:00 PM		Improv	Talent Show & Jeopardy	Disco Dance Party	
8:15 PM	Memorial				
8:30 PM					
8:45 PM					
9:00 PM	Hybrid	In Person	Hybrid for Talent Show	Hybrid	
9:45 PM	Night Owls	Night Owls	Night Owls	Night Owls	
10:00 PM	Late Night Crafting and Hang Out	Late Night Crafting and Hang Out	Late Night Crafting and Hang Out	Late Night Crafting and Hang Out	
10:15 PM	In person retreat host zoom for virtual	In person retreat host zoom for virtual	In person retreat host zoom for virtual	In person retreat host zoom for virtual	

