

# CF Senior Saturday Meet and Greet

VIRTUAL PROGRAM FOR INDIVIDUALS AGED 40+ LIVING WITH CYSTIC FIBROSIS (CF)

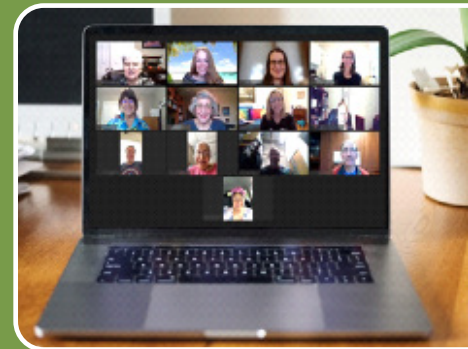


**CF Senior Saturday (CFSS) Meet & Greet aims to create connections, a sense of belonging, and friendship among participants. Sharing your journey with others who understand your experience can provide significant comfort and motivation.**

**Whether you are newly diagnosed or have been managing CF your entire life, we welcome you to join. This caring community understands the unique challenges of aging with CF. We encourage you to ask questions, share suggestions, and contribute ideas to improve our CF experiences.**

## CFSS Program Highlights

- A Place to Connect, Communicate and Collaborate
- Safe and Non-Judgmental Environment
- Interactive Sessions, Workshops, and Activities
- Peer-Led Discussions
- Knowledge and Experience Sharing
- Empowerment for Advocacy



## How to Attend

CFSS meets virtual via Zoom on the 2nd Saturday monthly. Registration is required. Zoom link provided after registration is complete!

**Scan the QR Code to complete the online enrollment form →**

**SCAN TO ENROLL**

