

## Great Strides 2008: Taking Steps to Cure Cystic Fibrosis

If you never heard about Great Strides until now, that's OK! Great Strides is pretty new to PEI, but in 2007 just over \$1,000,000 was raised across Canada for Cystic Fibrosis research and care. Families across P.E.I. who are battling Cystic Fibrosis every day would love to have you learn more about what Great Strides is all about! Chances are you have already been a Shinerama supporter and know how desperately we need a cure.

Please take time to check out [www.cysticfibrosis.ca/greatstrides](http://www.cysticfibrosis.ca/greatstrides) to meet Keisha Jadis, from Scotchfort, who is one of the Canadian Cystic Fibrosis Foundation's Great Strides Walk Superstriders this year. Keisha's mom Stephanie is a Nursing student at UPEI. Keisha was chosen to kick-start the Great Strides 2008 promotions with a Valentine's Day e-blast to all 2007 participants. If you want to email me at [roberta\\_d\\_clark@hotmail.com](mailto:roberta_d_clark@hotmail.com) I'll be happy to forward Keisha's request for support onto you. It would be great if we could send Keisha's request around the world and back before Great Strides Walk Day on *Sunday, May 25, 2008!* I bet you know somebody far away who has a big heart for kids. After all, Cystic Fibrosis (CF), which affects the lungs and digestive system, is the most common, fatal, inherited disease affecting Canadian children and young adults. The number of young people fighting Cystic Fibrosis on P.E.I. is not very high because far too many have already lost their battle at a very young age. Hope for a cure is what Keisha and many other young Islanders want. We need your support to keep up the fight until CF only stands for Cure Found!

Team work! Why not give it a try?

Gather friends, family and colleagues together to form a Great Strides Walk team to help fight Cystic Fibrosis. Tracadie Harbor area will be the site of one fun-filled Great Strides afternoon on *Sunday, May 25, 2008.*

Teams can be anywhere from 4 to 20 people.

Teams that register and together raise \$1,000 (or more) that is officially donated online BEFORE midnight on April 14, 2008, will be able to order free team Great Strides walk t-shirts with their own unique team name printed on the back. Although \$1,000 seems high, it works out to be only \$50.00 each if you have 20 people on your team. Please consider inviting your relatives, friends, classmates or co-workers to join together on your team! Every dollar counts in our fight against Cystic Fibrosis.

Step No. 1 is to visit [www.cysticfibrosis.ca/greatstrides](http://www.cysticfibrosis.ca/greatstrides) or [www.ccff.ca](http://www.ccff.ca) and register!

Plans are underway for many exciting events during the month of May, National Cystic Fibrosis Awareness Month, so watch for more details in the media or contact us locally at **676-2055** or nationally at **1-800-378-2233**. We welcome your participation!

Thanks for considering this, Roberta Clark, Volunteer President

P.E.I. Chapter of Canadian Cystic Fibrosis Foundation

PS: If you ever want to find out what living with Cystic Fibrosis is like, take 10 minutes to view the link to Every Breath Counts on [www.ccff.ca](http://www.ccff.ca)

You can find more information on the Great Strides campaign or make a donation online there as well.