



# SAMPLE EMAILS

Copy, paste, and edit from the templates below. Insert your personal fundraising link and add personal touches like family updates, photos, and more.

## GENERAL DONATION ASKS

### Option 1 - For the Warrior

We're rallying support for [CF INDIVIDUAL'S NAME] and the thousands of others living with cystic fibrosis today.

Cystic fibrosis (CF) is a lifelong genetic condition that makes something as simple as breathing a daily battle. Every day, [CF INDIVIDUAL] shows incredible strength, spending hours on treatments just to stay healthy and active. Our community has already accomplished so many milestones. Imagine what's possible with you in it!

BreatheStrong CF is here to support that effort today.

Thanks to generous donors, they provide:

- **Exercise grants** that help warriors build strength and improve lung function
- **Critical needs assistance** for families facing urgent challenges
- **BreatheStrong+**, offering activity challenges, ongoing wellness resources, and community support

Every donation directly helps someone living with CF live stronger, move better, and feel supported today.

Be the reason someone with CF breathes easier today and join the monthly giving community **The Core:**  
<https://breathestrongcf.org/join-the-core/>

[INSERT FUNDRAISING LINK]

### Option 2 - Fuel the Fight

Our family is proud to support **BreatheStrong CF** and the life-changing work they do for people living with cystic fibrosis - like [CF INDIVIDUAL'S NAME].

Life with CF is relentless: daily treatments, constant care, and endless appointments. But the strength and determination of individuals in our CF community inspires us every day.

BreatheStrong CF exists to meet that strength with support.

- BreatheStrong CF provides **exercise grants** so people with CF can safely build endurance and improve lung function.
- BreatheStrong CF offers **critical needs support** to help cover grocery and fuel expenses.
- Through **BreatheStrong+**, walking alongside CF warriors with fitness and wellness resources that meet them where they are.

This is the kind of care that creates real change. Help us continue showing up for those who need it most.  
[INSERT FUNDRAISING LINK]



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## Option 3 - Hope through Progress

We're stepping up for [CF INDIVIDUAL'S NAME] and supporting BreatheStrong CF to bring vital resources to the CF community.

While advancements in care are making a difference, people living with CF still face tough daily realities, especially those not eligible for newer treatments.

That's where BreatheStrong CF comes in.

They provide real-time support to meet those needs:

- **Exercise grants** that empower CF warriors to stay active and strong
- **Critical needs** funding to help families facing grocery and fuel needs
- **BreatheStrong+** wellness resources and community connection online

Your gift helps someone breathe stronger, feel better, and know they're not alone.

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[INSERT FUNDRAISING LINK]

## ASK OTHERS TO FUNDRAISE WITH YOU

We're raising life-changing funds in honor of [CF WARRIOR NAME], and we'd love for you to be part of our **BreatheStrong CF** efforts.

Your support goes directly toward:

- **Exercise grants** that improve physical health and quality of life
- **Critical needs funding** for CF families facing grocery and fuel needs
- **BreatheStrong+**, offering activity challenges, wellness resources, and community support

Here's how you can help:

1. Start a fundraiser: [INSERT LINK OR PLATFORM]
2. Make a donation.
3. Share your story and spread the word.
4. Use the BreatheStrong CF Fundraising Kit to make it easy.

We believe in strength through support—and in a future where CF warriors can thrive. Thank you for standing with us.