

2025 ANNUAL REPORT



Zoey, Age 15, Exercise Grant Recipient

FROM THE EXECUTIVE DIRECTOR

Dear Friends,

As I reflect on 2025, I'm honored to share my first Annual Report letter as Executive Director of BreatheStrong CF.

As a longtime member of the cystic fibrosis community — and a proud CF Aunt — this role is both deeply personal and incredibly meaningful.

I'm grateful to the leaders who built such a strong foundation, especially our former Executive Director, Becky Penuel. Because of that work — and the support of this incredible community — BreatheStrong CF continues to grow and reach more people than ever before.



Julie Eichenberg

With that growth comes increased need. This year, we saw a significant increase in applications for both our Exercise Grants and Susan C. Burroughs Critical Needs Grants — programs that help individuals stay active, maintain their health, and navigate everyday challenges.

We also expanded how we connect with the CF community through the launch of our podcast, *Bold Enough to Ask*, bringing trusted information and real conversations to individuals and families nationwide.

Looking ahead, we're focused on continued growth, innovation, and deeper connection — including exploring a new BreatheStrong+ app to further engage and support our community.

While we're proud of the progress in this report, there is more to do. Thank you for your continued partnership — together, we are making life better today for those living with cystic fibrosis and building a stronger future ahead.

For lives without limits,

Julie Eichenberg
Executive Director
BreatheStrong CF

OUR PURPOSE



Vision

At BreatheStrong CF we envision a new era in which people with cystic fibrosis rise above and go beyond perceived limitations.

Mission

BreatheStrong CF advances the wellbeing of people with cystic fibrosis through education, direct support, and opportunities to thrive.



Dear BreatheStrong CF Team and Donors,

I am writing to express my deepest gratitude for the exercise grant awarded to my daughter, Avery. Because of your foundation's support, Avery has been able to attend classes at The Dojo, and the impact on her life—both physically and emotionally—has been profound.

As you all may know, for a child living with cystic fibrosis, exercise isn't just a hobby; it is a lifeline. At the start of every class, Avery jumps right into a circuit of jumping jacks, sit-ups, and push-ups. She is constantly in movement throughout class, challenging herself consistently.

Beyond the physical movement, Avery has gained so much more:

- Confidence: She has excelled in a sport I never realized she would love so much.
- Character: She is learning the core values of respect and discipline.
- Community: She has built wonderful friendships with her teammates.

The most tangible evidence of your impact, however, is in clinic. When Avery sees her Physical Therapist for her regular visits, she consistently earns a "shining star" for physical health. **I know for a certainty that these results are directly related to her time at The Dojo, which would not have been possible without the BreatheStrong CF grant.**

Thank you for investing in Avery's health and for giving her the opportunity to breathe stronger every day. You are making a world of difference for children like her.

THANK YOU!

-Lauren, Natalie and Avery

Our Board of Directors

Peter Scott, MD - Board Chair

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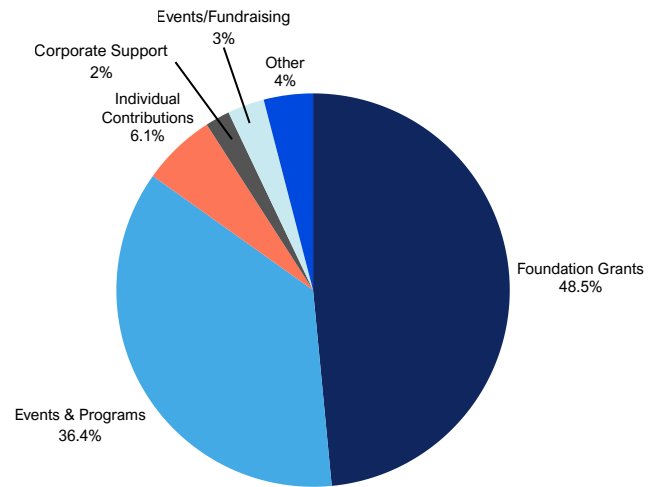
Randall Wilson, MBA, CPA

FINANCIAL HIGHLIGHTS

Total Revenue: \$1.05M

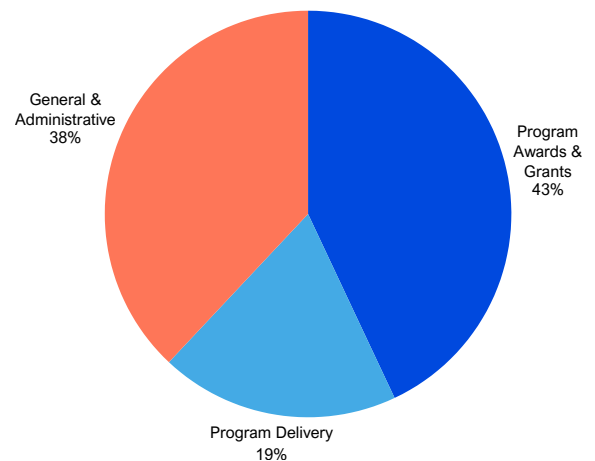
- Foundation Grants: \$507K
- Events & Programs: \$380K
- Individual & Board Contributions: \$60K
- Corporate Support: \$26K
- Events/Fundraising: \$32K
- Other Revenue: \$43K

Nearly half of our funding comes from foundation partners, with more than one-third generated through programs and events.



Total Expenses: \$1.23M

- Program Awards & Grants: \$522K
 - *Exercise & What's Your Gap Grants: \$451K*
 - *Susan C. Burroughs Critical Needs Initiative Grants: \$71K*
- Program Delivery (Events & Programs): \$234K
- General & Administrative \$475K



HIGHLIGHTS



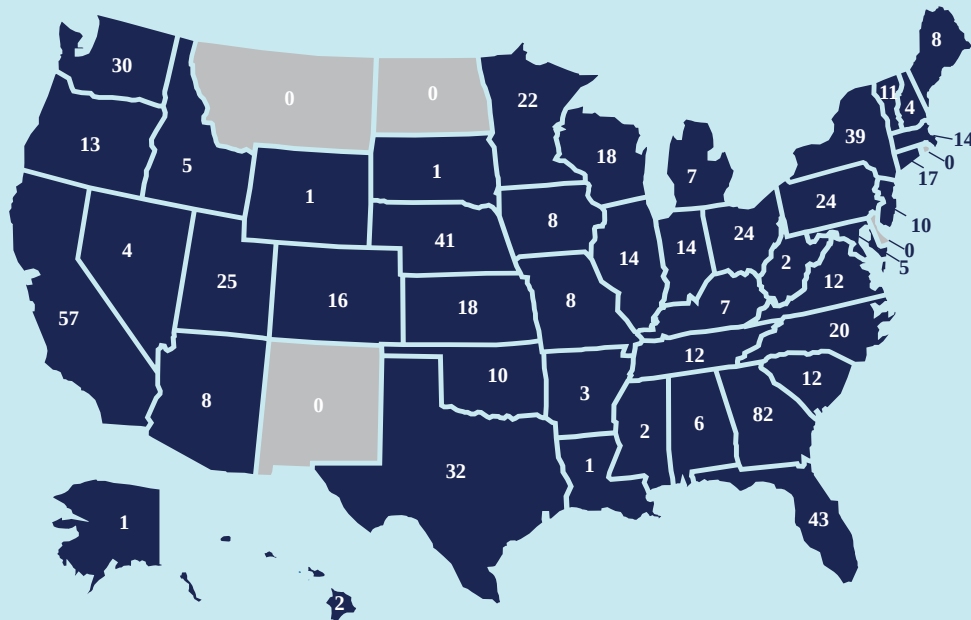
BreatheStrong CF has officially earned the Platinum Seal of Transparency from Candid, the highest level of recognition for nonprofit accountability. This seal reflects our commitment to openness, integrity, and impact as we work to empower the cystic fibrosis community through fitness, wellness, and education.



BreatheStrong CF is proud to announce a clean audit. Our auditor reviewed our financial records and processes, finding no material misstatements or areas of concern. Our financial statements fully adhere to required regulatory frameworks and accounting standards, our systems and documentation are reliable, and our financial health is in good standing.

PERFORMANCE GRANTS

Exercise Grants & What's Your Gap



“

Your support reinforces something extremely meaningful to me: that taking care of myself is not selfish. It's how I ensure I can stay present, active, and engaged as a mom and as a person living with CF who is determined to live my life without the limitations society tends to place on us.

- Exercise Grant Recipient

45 STATES & 3 PROVINCES SERVED



719
GRANTS GIVEN



\$450,598
GRANT SUPPORT



\$626.70
AVERAGE GRANT

Susan C. Burroughs

Critical Needs Initiative

“ I am going through the transplant list process, which requires multiple medical appointments, lab work, and imaging — causing me to miss work and lose income. The associated costs have made it difficult to afford insurance, co-pays, and prescriptions. This grant helps me cover groceries to meet my medical nutritional needs.”

-2025 Critical Needs Initiative Recipient



94
FAMILIES SERVED



318
INSTANCES OF SUPPORT



\$71,396
GROCERY AND FUEL SUPPORT

PERFORMANCE PROGRAMS



BreatheStrong+, BreatheStrong CF's virtual wellness program continues to evolve presenting educational information as well as opportunities for challenging oneself throughout the year.

Highlights include:

- 285 new individuals registered
- 48 Wellness Blogs ranging topics from recipes, to nutrition, to fitness, and life with CF
 - Kids in the Kitchen, Spice of Life
 - increased nutrition content
 - fitness content with short workouts
- 24 Fitbit Grants
- 12 monthly newsletters
- 4 virtual challenges
- 3 AffloVest recipients



ACTIVITY CHALLENGES

BreatheStrong+ delivered four annual virtual challenges presented by Vertex Pharmaceuticals designed to promote year-round wellness through engaging, seasonal programming. The year begins with Move4Minutes, encouraging participants to prioritize intentional movement for 30 minutes each day. In the spring, Step into Spring offers a flexible step challenge, empowering individuals to set and achieve personalized activity goals. During the summer, Dog Days of Summer provides structured plans and motivation culminating in a 5K achievement. The year concludes with Holiday Hustle, featuring daily micro-challenges across seven dimensions of wellness to support healthy habits during the holiday season.



Move 4 Minutes



Step into Spring



Dog Days of Summer



Holiday Hustle

Sponsored by:



PERFORMANCE PROGRAMS



MEET OUR 2025 AFFLOVEST RECIPIENTS:

Annette — Brooklyn, NY



Annette told us that living with cystic fibrosis has changed as she has aged. What once felt manageable now takes more time, energy, and recovery. Her AffloVest lets her stay consistent with treatment while walking, traveling, and being present for her daughter and husband.

Nargis — Westminster, SC



Nargis was diagnosed with cystic fibrosis at age 11 in the UK and later moved to the US. The past two years have been especially challenging, requiring consistent, time-intensive treatment to stay healthy. Despite this, she remains committed to living an active, independent life—working, staying socially connected, and traveling regularly to see friends and family. Her AffloVest has made it possible to stay committed to treatments while commuting, traveling, and working!

Matt — Beloit, KS



Matt was not diagnosed with cystic fibrosis until much later in life. He is diligent with his daily airway clearance at home but travels regularly for clinic visits and day trips. This travel made staying consistent with therapy difficult. That has changed with the addition of Matt's AffloVest. With his AffloVest Matt can keep up with his treatment while on the road, helping him better manage his health and quality of life.

SUPPORTED BY:

AFFLOVEST[®]
by Tactile Medical



ABOUT THE AFFLOVEST:

The AffloVest is a mobile airway clearance device. Being free of cords and tubes, daily airway clearance treatment can be done anywhere - while walking, shopping, even traveling! The value of an AffloVest exceeds \$15,000.



Big Peach Sizzler 10K & 5K 2025 marked the 15th anniversary of BreatheStrong CF's flagship fundraising and awareness event. Participation continued its steady upward trend, with the 10K growing by an additional 10% and the 5K reaching its highest turnout in the event's history.

With ideal weather setting the stage, the morning provided a perfect backdrop to celebrate health, fitness, and continued progress in the cystic fibrosis community. Many participants achieved personal milestones and new race-day bests.

More than 2,000 runners and walkers of all abilities took on the scenic, high-energy course. Following the race, participants gathered to recharge and celebrate with breakfast from The Flying Biscuit Café, fresh fruit from Sprouts Farmers Market, refreshing craft beer from StillFire Brewing, live music, and engagement with event sponsors.

Sizzler 2025 reflected the strength of a community united by purpose. Each step represented tangible support for individuals and families impacted by cystic fibrosis, helping to fund programs that deliver vital resources and hope. Through the generosity of participants, sponsors, and supporters, **the event raised more than \$100,000 to advance BreatheStrong CF programs.**

THANK YOU TO OUR 2025 SPONSORS



TITLE SPONSOR



PRESENTING SPONSOR



PRESENTING SPONSOR

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