

# Join us for the Cystic Fibrosis Foundation Great Strides 5K Walk to Benefit Scotty Lionas and all those who are affected by Cystic Fibrosis



Cystic fibrosis is a life-threatening genetic disease that causes mucus to build up and clog some of the organs in the body, particularly the lungs and pancreas. When mucus clogs the lungs, it can make breathing very difficult. The thick mucus also causes bacteria (or germs) to get stuck in the airways, which causes inflammation (or swelling) and infections that lead to lung damage. Currently, there is no cure for cystic fibrosis. However, specialized medical care, aggressive drug treatments and therapies, along with proper CF nutrition, can lengthen and improve the quality of life for those with CF.

**Who: You, the St. John Family**

**When: Saturday, May 16<sup>th</sup>, 2015 – Sign in at 10am, Walk begins at 11am**

**Where: Rochester Municipal Park**

**Register today:**

**[http://fightcf.cff.org/site/TR/GreatStrides/76 Metro Detroit Detroit?team\\_id=36022&pg=team&fr\\_id=3225](http://fightcf.cff.org/site/TR/GreatStrides/76_Metro_Detroit_Detroit?team_id=36022&pg=team&fr_id=3225) click "Register for this Walk" and join "Scott's Squad"**

**A light breakfast and a lunch will be served**

**"We look forward to walking with you and we thank you for your love, prayers, and constant support." –Nick, Amanda, and Scotty**

For more information on the Cystic Fibrosis Foundation or to find other ways to help please contact Nick Lionas at [nick@stjohnhoc](mailto:nick@stjohnhoc) or (248) 981-9976