

# **CCHS Day 2024 Telethon Script**

Copy and paste the script below into your texts and emails.

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## **Rise & Shine For CCHS**

For many people, today is just your average Saturday. However, for the 2000 individuals with congenital central hypoventilation syndrome (CCHS) and their families, it is a day of hope, determination and the truest form of vulnerability.

**TODAY IS THE DAY WE RISE & SHINE TO ENSURE ALL OF OUR TOMORROWS.**

In honor of CCHS Day, we ask you to take 30 seconds to embrace our reality through the following exercise:

1. Close your eyes and think about how it would feel to live with the risk of death every time you fall sleep. Now, transfer that risk to the person you love the most in the world.

**Can you feel the fear?**

2. Ask yourself what you would do in that situation. How would it feel to know that better treatments or even a cure depend on the attention and generosity of others?

**How would you secure their help?**

3. Now open your eyes and feel what it is like to be back on the other side. You possess the power to help those with one of the rarest conditions in the world.

**Can we count on you?**

As of today, CCHS can only be managed through lifelong mechanical dependency. We know that modern medicine can offer a much easier and brighter future but not without the necessary research and funding. So today, we are asking you to RISE with us and SHINE a light on the possibilities. Please consider making a donation to the CCHS Network. Our non-profit organization utilizes every single penny to ease the fear and guarantee all of our tomorrows.

Simply text "SHINE4CCHS" TO 44321 or go to [www.cchsnetwork.org/donate](http://www.cchsnetwork.org/donate). You have the option of dedicating your gift in a CCHS hero's name. And please follow us on our social media pages (@CCHSNetwork) to learn more about CCHS and enjoy our CCHS Day talent show.

**We cannot fully express how much your support means to us!**