



## CONVERSATION BETWEEN FRIENDS

### Contact Info

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### About If I Get Sick

Inspired by a true story and genuine friendship, Rebecca Thomas and Sarah Choi launched If I Get Sick to foster conversations between friends about how to be of help during an illness. If I Get Sick was created to encourage conversation about the possibility of illness before anyone receives any devastating news. It's about having a clear-headed and caring conversation of how two women can rise to the occasion and be the friend the other needs during illness. If I Get Sick equips friends with tools and tips to start conversations, ask important questions and be a supportive friend.

### Rebecca Thomas Bio

Rebecca Thomas is a restaurateur living in Richmond, Virginia. In 2014 at the age of 43 she was diagnosed with breast cancer. Now on the other side of treatment she is endeavoring to use her forthrightness and ability to say almost anything for the good. Rebecca loves vintage homes, photography and all things beautiful. You can follow her @thepoetryofthings.

### Sarah Choi Bio

Sarah Choi is a freelance marketer focusing on small businesses in Richmond, Virginia. Sarah loves connecting with people and met Rebecca at a ramen restaurant she owned in 2015. Nurturing a new friendship eventually led her to break the social taboo of asking, "What if you get sick again?" Sarah loves food, drinks and storytelling she shares through @sarahchoi.rocks.



## FAQ

What makes you two the experts?

--Great question. Nothing, really. We are two friends who had some important conversations that strengthened our friendship and opened the door on future expectations. It occurred to us this could be useful to others.

Why aren't there more concrete goals for the conversations?

--We think it's useful to open the dialog without putting a lot of pressure on the outcome. We wanted to keep things simple. If we can play a part in getting healthy and sick people to be more open about illness that is a great outcome.

Are you available for interviews?

--Sure thing. We will do a limited number together. Rebecca is more comfortable in front of the camera (and on the mic), she will be available individually for on-going interviews and speaking gigs.

Why are you doing this?

--After a few intense, honest, kick-ass conversations it occurred to us that if other people would do the same there would be real-world benefits. We believe in the power of conversation to create action and improve lives.

Is this mainly about breast cancer?

--No way, it just happens to be the illness Rebecca had. These ideas apply to all the ways we might need one another during an illness or even an accident.