



25 July 2022

TUNE IN TO CONSUMER CONNECT TO HEAR FROM CF IRONMAN

I really enjoy getting to know the wonderful people in our community and their journeys and how cystic fibrosis (CF) has impacted their lives. I am always so humbled that so many of you are so open with me and courageously share your experiences, thank you. I have noticed a theme with many of the people I have spoken to.... There are so many athletes among us and when I say this, I mean it. We have marathon runners, ultra-marathon runner and even Ironman champions among us. These are events that require intensive training, commitment, and determination. These types of events are not for everyone, but I am in awe that amid the health challenges of CF there are people in our community achieving greatness in many areas of life and especially I note, in sport. I certainly feel inspired to get to the gym!

Only a few weeks ago we received a message at CFA from Rory Morgan, and he shared his story about life with CF and his incredible recent accomplishment of completing an Ironman triathlon! In fact, Rory is the first person in Australia, with CF, who has not had a transplant, to achieve this incredible feat. Isn't this amazing?! Very well done, Rory!

Diagnosed at birth, Rory has gone through life's ups and downs associated with CF. He has faced the consequences of the different life choices he has made, how this has affected him both physically and mentally, and how it has guided his journey to where he is now. We will also have the pleasure of hearing from Rory's parents Rod and Donna as they share their journey from a parent's perspective.

Make sure you don't miss out on being part of this great discussion as I am certain you and your loved ones will be inspired as a result. Rory is breaking down barriers and stigmas in the CF world, with one awe-inspiring accomplishment at a time. Rory is a hero within our community and achieving things that may seem impossible. I smile when I think that he says he doesn't live with cystic fibrosis... it lives with him. Way to go Rory! I couldn't agree with you more.

Can I encourage you to do everything you can to clear your diaries and tune in as we spend some time with Rory as he shares his journey with us?

Consumer Connect will be on 27th July between 6.30pm – 7.30pm AEST. I hope you can make it.

And this session only gets better, as we will also be joined by CFA's President, Mitch Messer. Many of you will know Mitch, he is another hero in our community and has been a long-time supporter and volunteer as well as a friend to many in our community. Mitch will introduce the newly developed CFA Strategic Plan and discuss how our vision for the future will be achieved through a variety of goals and objectives.

Let's warm up these cold winter evenings with some positivity, hope and inspiration for the future as we embrace all that tomorrow may bring for us individually and as a community.

You can send in your questions for Consumer Connect once you have registered.

Join us on Consumer Connect, by registering for the event [HERE](#).

See you Wednesday 27th July at 6.30pm (AEST) 1 hr.

Jo Armstrong
Chief Executive Officer
Cystic Fibrosis Australia