

## **Strength Through Adversity: The Nathan Charles Lunch**

We are excited to invite you to a truly special event – the inaugural **Nathan Charles Lunch** – happening on the 21st November at 2 Market St, Sydney. This exclusive four-hour event offers not only a three-course gourmet meal with drinks included but also the unique opportunity to hear from Nathan Charles, the only person with cystic fibrosis to have played at an elite level in professional contact sports.

### **Why Attend?**

Nathan will share his incredible story of overcoming adversity, building resilience, and developing the mental fortitude required to thrive both as a professional athlete and a person living with cystic fibrosis. His experiences provide valuable insights into how we can all approach life's challenges with strength and determination, and his connection to the cystic fibrosis community makes this event truly meaningful.

Throughout the event, Nathan will cover:

- His journey as an elite athlete living with cystic fibrosis.
- The role of mental resilience in facing personal and professional obstacles.
- Lessons in perseverance that apply not only to those with chronic illness but to anyone facing challenges in life.

The event will also feature a panel discussion, a charity auction, and an exciting raffle— all while providing fantastic networking opportunities with leaders from various industries and community stakeholders.

**Details:**

- Date: Thursday 21st November, 2024
- Time: 11.30am - 3.30pm
- Location: Ground Level, 2 Market St, Sydney
- Cost: \$250 per ticket (includes three-course meal and drinks)

All funds raised from this event will go directly to supporting Cystic Fibrosis Australia's mission of advocating for access to life-changing treatments and ensuring better outcomes for those living with cystic fibrosis.

We would love for you to join us for this impactful and inspiring afternoon. Secure your tickets today and help us continue our vital work.

**[Purchase Your Tickets Here](#)**

If you have any questions or need further information, please feel free to reach out - [bianca@cfa.org.au](mailto:bianca@cfa.org.au)

We look forward to seeing you there and sharing this incredible experience together.

Warm Regards,

Jo Armstrong  
CEO  
Cystic Fibrosis Australia