

live fearlessTM challenge

Is your team ready to be fearless?

In 2020, Crohn's & Colitis Australia (CCA) held its third annual Live Fearless Challenge, a virtual month-long personal fitness challenge which was an outstanding success and made a huge impact.

In support of people living with Crohn's disease or ulcerative colitis, participants took up the challenge to get active and achieve 150km their way throughout September.

Here is a snapshot of what we achieved in 2020:



This year we hope to raise even more awareness and vital funds, and we are encouraging workplaces to enter a team and take on the Live Fearless Challenge in support of the 100,000 Australians living with Crohn's and colitis.

By working together, we can raise awareness of Crohn's and colitis, and provide broader and better services in the search for a cure.

How you can help:

- 1 Share this flyer and the Live Fearless Challenge poster (found on Resources page) within your colleagues.
- 2 Rally together a team to walk, run, cycle, swim, workout (or mix it up!) and complete 150km per person, during September.
- 3 Registering a team is FREE! Visit www.livefearlesschallenge.com.au

If you want to know more about the Live Fearless Challenge, please drop us a line at livefearless@crohnsandcolitis.com.au.

Let's get active together this September!

Many thanks,

Leanne Raven

CEO, Crohn's & Colitis Australia

Help raise awareness and vital funds for people living with **Inflammatory Bowel Disease (IBD)**.