

BREAKING BARRIERS FOR CYSTIC FIBROSIS

TODAY'S DEDICATION

DAY 21: THURSDAY 21st SEPTEMBER 2023



Lisa

Lisa is 47 years old and was diagnosed with cystic fibrosis at 18 months of age.

Lisa has been quite fortunate with her CF journey and had her first admission to hospital at the age of 45 years.

Lisa has been lucky enough to visit over 75 countries and live abroad. Lisa keeps an active and fit lifestyle – training at Fit Stop (which is where she first met Layne!) and has also completed a half marathon and a mini-triathlon.

Lisa recognises the importance of maintaining a healthy lifestyle and looks forward to growing older.