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IF I CAN YOU CAN CHALLENGE

FIGHT4BALANCE F4B DISABILITY STRONG



THREE CHALLENGES ONE MISSION.

Join First Responders, Schools, Corporate & Sporting Clubs across Australia in our mission to build inclusion, raise awareness and empower young people with disabilities.

KEY DATES 2026

03 OCT 2026	03 NOV 2026	03 DEC 2026
REGISTRATIONS OPEN	CHALLENGE GOES LIVE	CHALLENGE ENDS International Day of People with Disability

SOLO OR TEAM

ALL FITNESS LEVELS

ALL ABILITIES WELCOME

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TOGETHER WE CAN POWER INCLUSION AND CHANGE LIVES.

FIND OUT MORE & REGISTER: IFICANYOUCAN.COM.AU