

#ThinkABILITY

JASMINE JEFFERSON

My name is Jasmine Jefferson and I am 22 years old with Spina Bifida. In 2013, I graduated with a high school diploma from New Iberia Senior High School. Receiving my high school diploma was one of the proudest moments of my life. The road wasn't always easy, but with a little motivation from my family and my support system, I did it!

Throughout my life, I've been active in the community. I participated in Games United Mind and Body (G.U.M.B.O.), for 9 years, where I won gold and silver medals, with 1st place ribbons for track and field events. I attended Louisiana's Lions Camp for a few years and made quite a few friends there. This camp gave me the opportunity to participate in activities such as archery and swimming.

A couple of years ago, I had the opportunity to attend the National Spina Bifida Conference in Anaheim, CA.



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This was where I had the opportunity to learn more about my disability and network with others who understand what I go through on a daily basis. It was one of the greatest experiences of my life!

I am currently attending South Louisiana Community College to earn my Associate's Degree in Nursing. When I am not busy with school, I enjoy reading, going bowling with my family and friends, shopping, and volunteering at community events.



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#Think**ABILITY** is a month long social media campaign to celebrate the accomplishments of individuals with disabilities. The campaign is coordinated by Families Helping Families of Jefferson and held annually during the month of **March**. Learn more about it at <http://fhfjefferson.org/whats-going-on/special-events/thinkability>

Changing Lives. Every Day.