

#ThinkABILITY

KRISTEN DUHE

Despite having a common neural-tube birth defect called Spina Bifida; Kristen Duhe, of Ponchatoula, has always been a person full of determination. Early on in her life, she played t-ball, learned how to ride a two-wheel bike and even made her school's cheerleading team. During her sophomore year of high school, she was nominated to the Homecoming Court by her classmates.

Currently, Kristen is pursuing a Bachelor's Degree in General Studies from Southeastern University in Hammond. When Kristen is not busy with school work and/or working in the summer, you can find her cruising in her car around the Northshore. She is an active member of her church and her religion group on campus.



Her motto that she lives by is, "Don't dis my abilities."



She credits much of her success to the love and support of her family, friends and the community. Her hope is to finish up with school, pursue a steady career and have her own family. Her motto that she lives by is, “Don’t dis my abilities.”



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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.