

From "Human Display" to Torchbearer: Building a Legacy on My Dash

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Born into struggle, I thrived. Overcoming pre-birth violence, poverty, and illness, I built a strong "dash" – the time between birth and death – my life journey– defying the odds. As a first-generation college graduate at Bowie State University and a nurse practitioner, I am living proof that statistics can be wrong. While living with Stage 4 Metastatic Breast cancer, I refuse to be defined by it. By sharing my experiences with financial, educational, and health inequalities, I want to inspire a call to action. It's time to set goals, fight for what you deserve, and leave a mark. Let's become agents of change, not victims of disparity. **What will your "dash" look like?** Reframe your thinking, fight through challenges, and build your path. Develop a strong community and become a changemaker. **Let's ignite legacies together.**