

I chose life. I only have one life and I only get one body so I have to do the best to take care of it, so I am able to live, experience and enjoy life and all that it entail's.



I am willing to spread awareness to others about the effects of HIV/AIDS and how it can be prevented. I am like the ribbon standing tall despite what I have, being courageous enough to talk about this disease that plagues so many in this world!

### Nursing and Nurturing

I didn't have the courage to go back to school and pursue my goal of attaining an RN degree until I learned of my HIV diagnosis, managed it, and truly began to live. I will be a HIV nurse, helping those like me receive the care we deserve. Unfortunately, there is still a great amount of stigma surrounding HIV in the medical field.



It's not just about the disease to me anymore. It's not just about living day-to-day with it. It's about helping others to get past other stuff that they're going through in their life as well. I'm exercising and getting enough sleep and eating right and all of the stuff that will help us to maintain our physical, mental, and spiritual selves.

