



Artist's Description:

This self-portrait is an ode to J. Howard Miller's artwork, "*We Can Do It!*" that encouraged strong women. Inspired by the ideas of Miller's work and the concept of strength with Cystic Fibrosis, I sought to exemplify the depth of the physical and mental resiliency that is cultivated through CF with this art piece and to encourage young people with CF. We are not defined by Cystic Fibrosis; *we can do* what we set our minds to; we are strong, and we define who we are.

Personal note:

Strength takes time to develop, living with CF has inspired me to embody strength in myself, whether I am devoting time to sports, weightlifting, running, studying, doing treatments, or helping others in need, I am building both my mental and physical strength as well as giving hope to others. My aspiration to help others and to build healthy habits and strengths, has led me to pursue the career path of a Mental Health and Family Therapist.

The process of creating the artwork:

