



OVERCOMING ADVERSITY TO PURSUE YOUR DREAMS

MITCHELL-VASSAR VIRTUAL VISION AWARENESS DAY
November 18 ■ 11 a.m.

Christine Ha is an American chef, restaurateur, and author. She is the first-ever blind contestant and season 3 winner of the competitive amateur cooking television show “MasterChef” with Gordon Ramsay. Ha lost her vision gradually from an autoimmune disease called Neuromyelitis optica, which attacks the spinal cord and optic nerves. However, since going blind, Ha has won a television cooking competition, written a best-selling cookbook, and opened two restaurants in Houston.

Instead of losing faith or focusing on what she had lost, Ha used it as her inspiration to pursue her dreams. Join inspirational keynote, Christine Ha as she inspires us all to overcome adversity to reach our full potential. She will also share her experience on MasterChef and address how she has overcome challenges in the kitchen as a blind chef. Ha will host a Q & A at the end of the program.

Participants are encouraged to submit questions during registration. All questions submitted will be presented anonymously.

In addition, **Donald J. Parker, President, Behavioral Health Care Transformation Services, Hackensack Meridian Health** will discuss Adversity and Resiliency. Together both speakers will help others be resilient, overcome challenges, and help them to have the courage to pursue dreams.

Registration is required, visit
Events/HackensackMeridianHealth.org/vad2021
call **800-560-9990**,
or **[Click Here.](#)**

This program will be available by phone, mobile device or computer.

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