

## **Ms. Julia Hanes, 2016 Dr. Graham Chance Award Recipient**

Ms. Hanes was an all-round scholar and athlete in high school, but at the age of 17 she suffered a sudden stroke resulting in a partial paralysis. She has since shown remarkable resilience and has founded a local para-swim team and become a sponsored para-cyclist.

She is currently completing her Bachelor of Health Sciences (Honours) degree with a Biomedical Specialization that she aims to graduate from next year in her goal to become a neurologist. As a Research Assistant at the CanChild Centre for Childhood Disability Research and a Project Coordinator in McMaster University's Department of Rehabilitation Science/Pediatrics, Julia provides help and support for numerous research projects that impact children and youth.

Always an athlete and a leader, she continues to swim competitively, was a Brain Injury Services volunteer at a Summer Rehabilitation Camp, a presenter at McMaster's "Brain Day" conference, and a participant in Relay for Life.

Peter Rosenbaum, MD, FRCP(C) says "What makes Julia special is her indomitable spirit and her constant engagement with others as a volunteer. She has not simply done this because she 'survived' a stroke; rather she has maintained (if not increased) her engagement in life and her work with others when many people, especially adolescents, might have retreated into 'poor me-ism', withdrawn and lost hope. I think Julia is an impressive model for all of us."

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