**Heather Lamb is an award-winning social worker who lives in Prince George, BC and has worked with Spinal Cord Injury BC since 2013.**

**Heather was born with a visual impairment.**

**Heather has many years of work and volunteer experience in the disability field and is passionate about working towards systemic change, as well as helping individuals navigate our complex system.**

**In addition to a Masters in Social Work from UNBC, Heather earned a Bachelor’s degree in Journalism and Canadian history from Carleton University and worked as a journalist before she decided that she wanted to be in a helping profession.**