



Sarah Herron
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www.SheLift.org

Sarah is best known for her appearances on ABC's *The Bachelor* and *Bachelor in Paradise*. Sarah was born with Amniotic Band Syndrome which has caused life-long insecurities major and minor. Despite her physical limitations Sarah is a lover of art, design, and is an adventure enthusiast. In 2013 she set out to find love on the popular dating show but quickly discovered her purpose was not to necessarily find love in a romantic sense, but to find love within herself. Sarah believes that going on the show helped her overcome some of her biggest insecurities, physical and emotional. Today, nothing holds Sarah back and believes it's her mission to help others find love within themselves by conquering challenges big and small. Combining a personal passion for girls with disabilities, her marketing background and the support she's received from her appearance on TV, film producer Sarah decided to launch the organization SheLift.

SheLift:

SheLift is a 501(c)(3) nonprofit organization that empowers girls to conquer their personal obstacles by providing them with the tools, experiences and mentorship to work towards living an inspired, authentic life. SheLift brings girls of all ages and body types together to inspire and motivate one another to try things we never thought we could do by ourselves. We organize events, day camps and weekend adventures for girls with physical disabilities – all lead and guided by influential mentors. Our events aim to provide healing and prevention of insecurities for girls who've been made to feel "different."