



## ***Hazella Rollins-LaVar***

### ***Short Bio***

Hazella Rollins-LaVar is a native of Houston, Texas and a graduate of Spelman College and Northwestern University.

She was a professional opera singer prior to sustaining a stroke in November of 1999, which left her partially paralyzed and unable to walk, speak or swallow.

Ms. Rollins-LaVar has worked diligently to overcome her residual physical deficiencies as well as the emotional trauma of surviving a stroke just 12 days after having given birth to a baby girl.

She became certified as a personal fitness trainer specialized in the re-entry of stroke survivors into the community.

In 2004 she founded “Stroke of Hope Foundation” for which she now serves as Executive Director. The non-profit organization features an extensive web-based network at [www.strokeofhope.net](http://www.strokeofhope.net) as well as providing national community resources.

She has recorded a motivational CD entitled “Surviving Stroke Vol. I”, worked with celebrities during their rehab such as R&B legend Luther Vandross and has become a sought after motivational speaker and a great inspiration to the health community at large and the stroke community in particular. Hazella has also served on the National Advisory Board of the American Stroke Association.

Stroke of Hope has received wide media coverage and was called upon by saxophone great, Kirk Whalum, whose father battled multiple strokes. His personal witness of the team’s work has resulted in his alignment with the organization as “International Voice of Hope”.

Hazella’s dedication and commitment to the cause continues to change lives by expanding awareness, promoting prevention and providing support.