

Meet Marla, a 35-year-old woman diagnosed at 25 with a range of challenges, including epilepsy, tonic-clonic seizures, Psychogenic Non-Epileptic Seizures (PNES), mood disorder, anxiety, and depression. However, her life is defined not just by diagnoses but by her courageous and graceful approach to embracing each day.

In her quest for healing, Marla has navigated the paths of therapy and church, finding comfort and counsel from various therapists, church ministers, and doctors, each contributing to her journey towards self-discovery and resilience. She has sought relief from physical discomfort through the care of chiropractors and multiple physical therapists, each offering a glimmer of hope amidst the challenges of her daily life.

However, Marla's journey is not without its dark chapters. She has confronted issues of hospital neglect and endured the anguish of medical gaslighting—experiences that have tested her resolve and shaken her trust in the healthcare system. Undeterred, she has emerged from these trials with a fierce determination to advocate for herself and others who have faced similar injustices.

Marla created Seizure Blessings whose mission is dedicated to advancing the well-being of women of color with epilepsy by championing awareness, diminishing stigma, and fostering personal development. Through her nonprofit organization and social media enterprise, she creates a safe space for these women to find solidarity, support, and resources to navigate the complexities of their shared journey. Want to learn more: IG [@Seizure_Blessings](#) or seizureblessings@gmail.com FB: SeizureBlessings

But Marla's vision extends beyond the confines of advocacy; it blossoms into entrepreneurship as she ventures into the world of plant business. Specializing in vibrant succulent gardens and curating immersive workshops, The Succulent Mind not only cultivates beauty but also fosters community connection and empowerment. Through vendor events, pop-up shops, and workshops, she creates opportunities for individuals and students to discover the therapeutic power of nature while building a sense of belonging. Want to learn more: IG [@thesucculentmind](#) or thesucculentmind@gmail.com

Central to Marla's journey of strength and entrepreneurship, is the steadfast support and resources provided by the Epilepsy Foundation of Delaware. From support groups, social events to networking opportunities, the EFDE has been instrumental in helping Marla with the tools and knowledge to navigate the complexities of her condition and pursue her dreams. By providing a supportive environment and offering avenues for growth and empowerment, the EFDE has built a strong foundation for Marla to thrive, not just as an individual, but as a catalyst for change within her community.

Marla's story is a testament to the transformative impact of community support and power. Through resilience, entrepreneurship, and advocacy, she embodies the spirit of possibility, proving that even in the face of adversity, one can find strength, purpose, and a path to success with the unwavering support of organizations like the Epilepsy Foundation of Delaware.