

About This Poster

This poster was created to reflect the resilience and quiet strength within the **FND community**. The words of **Dr. Emma Weaver**, a **neuroscientist and FND researcher**, remind us that "**we grow beyond the limits of our condition**" - a line featured on the poster itself. Though living with **Functional Neurological Disorder** can be deeply challenging, each step forward - no matter how small - is a testament to our courage and capacity for growth.

At the heart of the design is an **orchid**, chosen with intention. In many cultures, the **orchid symbolises the search for truth, the bravery to stand apart, and a deep appreciation for life's fragile beauty**. Its presence is more than decorative - it's a quiet **emblem of the strength we draw from within** and the **hope we carry forward**.

Together, the quote and the orchid invite **reflection and recognition: FND may alter our path, but it does not diminish our worth, our voice, or our potential**.

Orchid symbolism inspired by the Kolibri Company

