



# Kara Rogers

Eye colour:

**Brown**

Occupation:

**Counsellor**

What do I do?

**I'm part of the MS counselling team**

If I were a movie star I'd be:

**Arnold Schwarzenegger**

3 things I couldn't live without:

**Friends, family and yoga**

My greatest achievement:

**Being alive and grateful for the smallest things in life.**

My catchphrase:

**'Always better to walk away than to be walked over.'**

