

# **‘I Want to Empower Others’**

## **After leaving the military, San Antonio, Texas, veteran Christina Herr got her service dog, Sarafina, to help with her anxiety**

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After leaving the military, San Antonio, Texas, veteran Christina Herr got her service dog, Sarafina, to help with her anxiety. But her canine companion has helped Herr do more than successfully manage her condition.

Together, the two are #StillServing by advocating for and empowering veterans at various events. Most recently, they attended the American Psychological Association Convention in Washington, D.C. Herr explained that Sarafina makes her feel safe, which enables her to go out in public and participate in these kinds of experiences.

“Serving in this way is my life’s purpose,” Herr said. “I do it because I want to inspire and empower others to live their best lives.”

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