



## **BIOGRAPHY**

**Isabel Lam** (*she/her*)

Hero, Episode "Clare and Isabel"

Isabel, 20, is a rising junior at the University of Pittsburgh studying Political Science and Economics. At 16, Isabel co-founded a chapter of the non-profit Period: The Menstrual Movement at her high school. Isabel, along with her best friend and co-founder Clare, implemented policy changes within their community to fight period poverty. Through campaigning and lobbying, Isabel and Clare successfully implemented free menstrual products across their school district within a short period of time after the creation of the chapter. After, Isabel and Clare organized a state-wide rally within Pennsylvania to lobby for menstrual equity and Isabel participated in another lobbying effort held at the State Capitol. She continues her period of activism by sitting on the executive board of the University of Pittsburgh's Period chapter and as her university's Vice President of Operations within her Student Government.