

# Jes Foord a modern Mzansi icon

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Meet this wonderful and inspiring woman who is changing lives.



Jes Foord is a remarkable soul that turned a horrific gang rape trauma into a reason to pave the way and lend support for rape survivors across South Africa.

I have always been so inspired by how Jes never allowed herself to feel like a victim but to rather rise above and inspire.

She was recently hand-picked alongside 20 other incredible South Africans when included in the 21 Icons Project.

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