

# Hi! I'm Heidi

*I am a Mental Health Support Worker and I enjoy:*

- Walking, bike riding, playing sport, going to the gym and exploring
  - Going for drives and sightseeing
    - Cooking and reading

*I have enjoyed studying a Bachelor of Arts Psychotherapy and I now enjoy helping people to live their best life.*

*Wishing you all the best and I hope to meet you soon.*

*Heidi C*

