

Alfred Health

15 September 2010

Hi Christine

I would like to thank you once again for your inspiring presentation at our Staff Conference day. The majority of the audience were carer support workers and the feedback forms from the session showed that many really valued the usefulness of the "breathing" techniques you demonstrated.

Rosemary

**Rosemary Stevenson**

Coordinator Mental Health and Young Carer Programs

**Commonwealth Respite and Carelink Centre Southern Region**

**Supporting Carers Informing the Community**

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