



**Christian HomeCare Services, Inc.**

*Caring. Compassionate. Connections.*

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Dear Dawn,

As always, your presentation on stress management was the perfect mix of entertaining us while educating us on how to deal with STRESS.

The participants enjoyed your presentation tremendously! The information provided is so badly needed in our field has most of us in this profession sacrifice our needs to meet the needs of others.

Thank you for a great afternoon of training that wasn't like training at all!!  
Hope your Holidays are good!

Kate Baker