

Hi! I'm Jade

I am a Mental Health Support Worker and I enjoy:

- *Cooking and Reading*
- *Walking, Meditation and Home Workouts*
- *Watching Tv and going to Cafes*

I have enjoyed undertaking studies in Mental Health and I am fluent in English & Mandarin. I now enjoy helping people to live their best life.

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

Jade H.

