

# Hi! I'm Bec H

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

*Playing sport, yoga, hiking and walks, socializing and going to cafes.*

*In my leisure time I enjoy:*

*Taking my dogs for a walk. Spending time with family and friends. I like to travel, go bike riding, read books, go to the movies or to the beach.*

*I have enjoyed studying a Diploma of Counselling, a Diploma of Community Service and have a Bachelor of Science. I now enjoy helping people to live their best life.*

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

*Bec H*

