

# Hi! I'm Himali

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

- *Walking & taking time in nature*
  - *Meditation & reading*
- *Watching movies & drinking tea*

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

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

*Himali.*

