

# Hi! I'm Andrea

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

- *Cooking, reading & watching movies*
- *Practicing martial art's & going on walks*
- *Listening to music & practicing mindfulness meditation*

*I am enjoying studying a Bachelor of Psychological Studies, I also enjoy helping people to live their best life.*

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

*Andrea P.*

