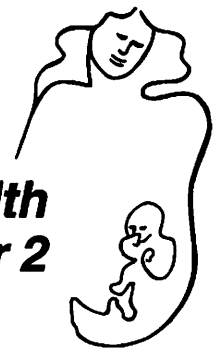


Prenatal Nutrition, Information, and Support for Mother & Child

**Health
for 2**



May 25, 2015

A community based program,
delivered through over 35
community agencies in
partnership with Alberta
Health Services (Canada
Prenatal Nutrition Program)

FOR INFORMATION:

**St Albert & West Edmonton
Health for Two**

Coordinator, Helen Wevers

Phone 718-0250

Reference for Jenn Lee

To whom it may concern,

I am pleased to provide a reference for Jenn, a very dedicated mom who utilized our Health for Two programs for a time. She was always pleasant and with her strength and determination able to confront and overcome obstacles that came her way. Her life experiences and willingness to share have made her an amazing mentor with other moms around food security issues, nutrition and legal challenges. She has shown initiative, flexibility, dependability and commitment to whatever she undertakes. These leadership abilities will be an asset to whatever she involves herself in.

Health for Two is a health promotion program for socially and economically challenged pregnant women. The program offers prenatal education and support, links to community resources, opportunities to share with other families in the community and much more. By providing high quality education and fun for the participants, we hope to empower, encourage and support women to make healthy lifestyle choices.

Jenn's commitment has benefited our team and families immensely. Our west end Edmonton community has been enriched because of her presence. Don't hesitate to contact me if there is any more information you might need about Jenn's involvement. My work number is 718-0250.

Sincerely,

Helen Wevers

St Albert and Edmonton West- Health for Two Coordinator