



**CHAMPLAIN
ST-LAMBERT**
CEGEP

April 9, 1999

To whom it may concern:

I sought out the services of Andrea Rancourt, a wellness educator, in order to pinpoint the areas of my life that needed improvement. I found that individual sessions helped me to focus on areas of my life where I could initiate changes, and motivated me to stick to the goals I had set for myself. I would recommend Ms. Rancourt to other professionals as an alternative to psychological counselling.

Sincerely,
E. J. J.