



## A BIT ABOUT ME

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I am a Mum of 3 and wife to a FIFO husband.

I have been caring for and working with children for over 25 years! While primarily caring for my own children in the past 14 years I have previously worked as a Nanny, Creche worker and run my own family day care. I've also had volunteer roles including currently at our local Yanchep Surf Lifesaving Club as an age manager.

I am also a qualified Naturopath and Clinical nutritionist. I feel very strongly about food being fuel for our bodies and that optimum health can be achieved by eating nourishing food. Most of the time!

I like keeping fit to keep up with my children and enjoy a variety of fitness classes and training.

## EDUCATION & TRAINING

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- Diploma of Naturopathy, Clinical Nutrition, Herbalism ·
- Birth & Post Natal Doula
- Child Care
- Senior First Aid

## TRAINING INTERESTS

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# CLARE

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