



Bloom Integrative Health and Movement Centre

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January 28th, 2020

To Whom it May Concern,

Re: Catherine Binette

It is with great pleasure I write this testimonial for Catherine Binette.

I have had the pleasure of knowing Catherine for the last 4 years due to her work as a Doula in the Ottawa maternal health community. We initially crossed paths at a networking event and I was immediately impressed by her compassion for working within this community and supporting it's families.

Over the past 4 years I have gotten to know Catherine through the Ottawa community as a Doula and more recently as a Registered Holistic Nutritionist. One thing that is initially clear is Catherine's passion for helping and supporting individuals and families through health nutrition. Catherine's standard of communication and care with both patients and staff, not to mention her natural ability to connect with people make her a role model in this field. Observing her education techniques through in-person classes and online education demonstrate her communication and passion for this field.

Recently, I have had the privilege of working within the same clinical space as Catherine, allowing us to form a multi-modal model of excellence in patient care. I look forward to continuing this professional journey with her.

Yours truly,

A handwritten signature in black ink, appearing to read "Lisa Flanders", written in a cursive style.

Lisa Flanders

Registered Physiotherapist