



1034 S Brentwood Blvd., St. Louis, MO 63117/ (314) 884-8673/ myhealingspace.garnett@gmail.com

March 15, 2020

Dear Client,

We know that there's widespread concern in our community about the Coronavirus Disease 2019 (COVID-19), and we want you to know that your health is our top priority at My Healing Space LLC.

With the increasing uncertainty and growing numbers of infected individuals around the world, we encourage you to take responsibility for yourself and your family.

- If you or someone close to you has recently traveled out of the country or, if you've recently been in any airport, please consider self- quarantining for 14-days.
- If you're exhibiting symptoms of respiratory illness, I urge you to stay home, take care of yourself, and seek medical help.

Please refer to the [CDC's dedicated 2019-ncov](#) website for additional information, and maintain awareness by checking the official communications from the [Centers for Disease Control](#).

At this time, you may only schedule a secure video appointment with me. [Research shows](#) that they can be just as effective as in-person appointments, and we can continue your care without interruption. You will be updated when in-person sessions resume.

If you have any questions, please let me know.

Regards,

Christina Garnett
Owner/ Therapist
My Healing Space LLC