



November 30, 2010

To Whom it May Concern:

Judy Arnall has been a Community Health Educator for Alberta Health Services and Calgary Health Region since April 2000. She has taught the following parenting courses for Perinatal Education:

Baby and You
Baby and You for Daddies
Helping Your Child Adjust to the New Baby
Baby Behaviour
Expecting to Quit (Quitting Smoking During Pregnancy)

Participant evaluations of Judy's course are all very positive. Participants often comment on her "realistic approach to parenting" as well as her ability to be non-judgmental, supportive, and caring. She is very knowledgeable of current research and information from AHS and government organizations on parenting by attending conferences, and professional development seminars.

Judy has never been late or missed a class in the 11 years that she has worked for us. When she has had a time conflict, she always arranges her own subs and ensures that course content and logistics are handled. Her commitment to innovation in delivery is evident by her interactive, fun and effective delivery that involves all learning styles.

Judy is well-respected amongst her colleagues, and willingly shares her knowledge and expertise informally with them, and in more formal presentations at staff meetings. Judy has stepped forward with creative ideas for new courses such as Baby Behaviour, and takes initiative to develop and pilot these.

I highly recommend Judy as a presenter of any topic in parenting, health, relationships, and communication.

Maureen Dodd, Care Manager
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Alberta Health Services, Calgary Zone

