



Happy and Healthy
It Starts with You
Be Well

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Dear Clients,

Happy and Health New Year! We have made it to the end of another year together on this journey of wellness. I am sending this letter as a reminder of the changes coming at the start of 2025. Mountain View Psychiatry will be closing at the end of December, so this letter contains all my new contact information. I will continue with telehealth appointments as we have been doing, so the plan is to have a smooth transition together. Should you have any questions or concerns please feel free to contact me with my updated contact information. Looking forward to a new chapter with you!

Warm regards,

Trudy G Wilson, LPC

Licensed Professional Counselor

