

# CERTIFICATE

## OF COMPLETION

*Shona Mackenzie*

*Anxiety, Fear and Resilience: How to Optimise the Cortisol  
Awakening Response (CAR) to Survive & Thrive*

In this 60 min webinar Dr Carrie Jones will cover the Cortisol Awakening Response (CAR) and how it can help you better understand your patient's response to stress and their HPA-Axis dysfunction.

*has completed the following course on 19th May 2020*

AWARDED BY



MICHELE WILTON

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