

**From:** Kristen N  
**Sent:** Saturday, September 19, 2020 3:04 PM  
**To:** SPPC <sppc@london.ca>  
**Subject:** [EXTERNAL] voicing concerns

Hi!

I am a RN that has been speaking up against masks, tyranny, losing our freedoms etc.

I believe in Holistic Health. Building the terrain, protecting our environment and getting closer back to nature away from corporation and government overreach.

All current measures put in place further isolate us and separate us from community, increasing mental health issues, we are raising a fearful society, masks increase this fear, limit connection and increase stress (cortisol), anxiety and illness in our body.

Disrupting the economy only further perpetuates our dependency on the system allowing them to further take away rights.

I want my kids to smile, to hug, to breathe clean air, to build their immune system most importantly to LOVE, to live life and not living in a society based around fear.

I want to stand up and fight for our kids. Take their childhood back and our health.

sincerely,

Kristen Nagle