



**HEALTHY  
BEGINNINGS**  
WELLNESS & ESTHETICS

## Memorandum

Date: March 30, 2020

To: Federal, State, & Local Officials Requiring Authorization

From: Julie Belk-Dalberg RN, Owner

Subject: Patient-Related Travel by Healthy Beginnings Healthcare Clients

Please accept an electronic or printed copy of this memorandum as confirmation that the holder is a client of our physician-directed clinic which offers medical/healthcare treatments and services consistent with essential travel authorized for our patients (in accordance with the executive orders issued by both Virginia and Maryland regarding stay-at-home measures in response to the COVID-19 pandemic). The patient should be authorized to travel to and from our clinic, Healthy Beginnings Wellness & Esthetics, and the pharmacies where we prescribe medications for the client.

Please do not hesitate to contact me for confirmation of the authenticity of this memorandum, or with any questions at 540-220-3550 or [julie@healthybeginningsfred.com](mailto:julie@healthybeginningsfred.com).

On behalf of Healthy Beginnings Wellness & Esthetics, thank you for your cooperation.