

[Your Name]
[Your Address]
[City, State, Zip Code]
[Email Address]
[Phone Number]
[Date]
[Mentor's Name]
[Their Title]
[Organization/Institution Name]
[Address]
[City, State, Zip Code]

Dear [Mentor's Name],

I hope this message finds you well. I am writing to express my gratitude for your guidance and support as I pursue my career in epidemiology. Your expertise and insights have been invaluable to me, and I appreciate the time you have dedicated to mentoring me.

As I navigate my education and early career in this field, I find myself seeking your advice on [specific topic or question]. Your experience with [mention specific experience or project related to epidemiology] has inspired me, and I would love to gain a deeper understanding of [specific aspect related to their experience].

Additionally, if you have any recommendations for resources, networking opportunities, or upcoming conferences, I would greatly appreciate your insights. I am eager to develop my skills and knowledge further, and your mentorship has undoubtedly been instrumental in this journey.

Thank you once again for your support. I look forward to hearing from you soon.

Warm regards,

[Your Name]
[Your University/Institution, if applicable]
[Your Program or Department, if applicable]