



February 3, 2009

Theresa Stahl, RD
13005 Lewis Heights Drive
LaVale, MD 21502

Dear Theresa:

I wanted to thank you for your wonderful presentation on February 2, 2009 entitled, "Healthy Lifestyle Strategies to Reduce Stress and Improve Health." The class of 14 Parish Nurses found it to be most informative and spiritually uplifting.

The post-class evaluations were excellent and included such comments as: "terrific class, very knowledgeable speaker, great, and come again!" Participants found PraiseMoves to be beneficial to mind, body and spirit.

Thank you for reminding us how important it is to "fill our wells." We are truly grateful for the practical applications and demonstration of God's Word to our lives.

Sincerely yours,

Joyce L. Hedrick, RN, FCN
WMHS Parish Nurse Coordinator