



U.S. Department  
of Transportation

**Federal Highway  
Administration**

12300 W. Dakota Ave., Ste. 180  
Lakewood, CO 80228

August 15, 2006

Colorado Federal Aid Division

Ms. Rachel Rolfes  
***STRESSERCISE for Life***  
701 Harlan, Suite E-47  
Lakewood, CO 80214

Dear Rachel:

We thoroughly enjoyed our day with you and the presentation of ***Change, Stress and Nutrition*** here at the Federal Highway Administration. I was pleased the employees were engaged and involved throughout the day. I believe each employee took away useful information and thought-provoking ideas to further review, study and consider for implementation in their own lives. I fully expect many to make changes in their lifestyle or diet that should result in happier, healthier, more productive personnel.

Your professionalism, organization and energy were outstanding. We only regret that our budget limited us to a one-day presentation for the material you normally and preferably cover in two days. I believe the additional topics and more detailed information would have been most worthwhile.

It was a pleasure working with you.

Sincerely yours,

Douglas Bennett  
Assistant Division Administrator

