



**FEMA**

August 12, 2005

Ms. Rachel Rolfes  
701 Harlan Street, Suite E-47  
Lakewood, CO 80214

Dear Rachel,

Thank you so much for the four "Change, Stress and Nutrition" workshops and follow up sessions you conducted in 2002 for the Federal Emergency Management Agency in Denver, Colorado. These workshops were very well received and are proving to be a positive influence now, even more over three years later.

Understanding more fully the importance of effective stress management, we are now experiencing first hand, the relevance in our more focused interactions with one another and increased on-the-job productivity. Your comprehensive mastery of the subject, your enthusiasm and the practical suggestions you shared, are truly making a difference for us. The ongoing personal follow-up you provide has proven helpful to many.

We are all personally grateful for the benefits we gained from this training experience. There have been many cases of significant weight loss, improved health conditions, as well as, overall increased workplace efficiency and enhanced day-to-day communication. Thank you again for extending yourself to us in providing this valuable service.

Sincerely,

A handwritten signature in black ink, appearing to read "Douglas A. Gore".

Douglas A. Gore  
Deputy Regional Director