

Comments from DENVER U.S. Mint Workshop Attendees:

- “Lots of really good information. I would like to see Rachel come back. I felt there wasn’t enough time to cover properly.” Application: “Eating healthier makes for a more productive employee.” - **Pam**
- “Very informational. Need another class.” Application: “Drink more water.” - **Marilyn**
- “Learned that the food I eat affects my behavior.” Application: “To understand other person’s problems and stress” - **Joe**
- “Information opens eyes on balance to help stress and lifestyle.” Application: “Watch for ups & downs with sugar intake”
- “The trainer was very informative and personable with good sense of humor. Nothing I didn’t like, very enjoyable class” – **Bob**
- “Excellent instructor, not enough time.” Application: “More energy”
- “Liked information and presentation. Needed at least one more day.” Application: “Can change my habits for better health.” – **Sean**
- “Learned more about nutrition, diet, changes and stress mgt. Not enough time!” Application: “Better health, better attitude to handle change and stress.” - **Beverly**
- “Informality, easy to understand. Not long enough, too much for one day.” – **Gloria**
- “Rachel was very professional in communicating with all class members. Request: “I wish the Mint would have more or some type of exercise program (in house). Coor’s Brewing Co. estimates an average return of \$6.15 for every dollar invested in its wellness program.” - **Will**
- “Liked thoroughness of topics everyone asked about. We need you to come back, so we can continue what we did not get to cover in the second class.” – **Frances**
- “I liked the exercises that involved getting out of the chair. I really liked the course. Too much material to cover in one day.” – **Don**
- “With as much money that was blown on things like unity training & the cell program, it’s good to see someone found a worthwhile program.” – **James**
- “Liked all, everything discussed was beneficial, interesting and informative. Highly recommend this course to others.” – **Christina**
- “Presentation slides were great. Very interactive.” - **Walter**
- “Did not push anything on anyone. Opened eyes to new ideas! Need follow-up class.” – **Frank**
- “Energized, positive impact, use the commonsense keys for Top Efficiency.” - **Sidney**