



August 1, 2007

Ms. Ann Rowland
Live Well
4117 N. Central Park Avenue
Chicago, IL 60618

Dear Ann:

I would like to take this opportunity to thank you for all the training sessions that you have completed for our facilities in the Chicagoland area.

The back safety/lifting class that you presented to our employees helped reduce our overall worker's compensation costs. One of the facilities has reduced their cost from \$416,162.72 to \$11,781.93 in 2 years, with another facility reducing from \$74,173.65 to \$5,521.88 in one year. The interaction and energy that you bring to the classes is wonderful. The employees feel comfortable with asking questions and you are more than willing to help them.

The fitness training that you provided for all our employees interested in using our fitness room has been a great success. Out of the 186 employees that attended the training we have 87 employees that use the fitness room on a routine basis and helped them on their way to becoming a healthy person.

Our employees and I are extremely happy with the training and look forward to working with you in the future on our wellness program.

Sincerely,

Cathy Copen
Regional Occupation Health & Safety Manager
Midwest and Pacific North Regions