

May 26, 2010

IPRO  
Corporate Headquarters  
1979 Marcus Avenue  
Lake Success, N.Y. 11042-1002

Re: Living A Healthy Life  
Instructors: Jane Giordano  
Shelly Robert Outlaw

I have been a participant in a course giving regarding diabetes. Jane and Shelly made the sessions very interesting, they help me to recognize some of my fears and how to go about allaying them.

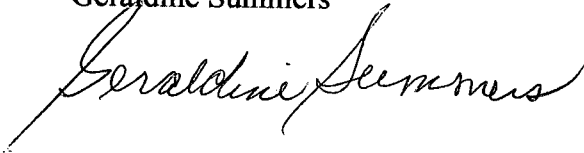
Jane and Shelly both were well organized, they made us feel comfortable and participated in each exercise, problem solving steps, rewarding yourself, action planning ,counting calories. Read labels and portion sizes.

This program has help me tremendously, since I was not aware of some things to do help to relieve stress. Establish goals, food planning and food sizes.

This program has been very rewarding and also enjoyable, thank you ladies for opening my eyes to ways of living well with diabetes .

Continue making those of us who are unaware of how we can live with diabetes become strong and feel we are our own advocates.

Sincerely  
Geraldine Summers

A handwritten signature in cursive script that reads "Geraldine Summers". The signature is written in black ink and is positioned below the typed name.