

33-04 Junction Blvd. Apt 5P
Jackson Hgts, N.Y. 11372
May 27, 2010

Dear

I'm just completing a six week Diabetes Program, "Living a healthy life with Chronic Condition." This program has given me insight that are so helpful in order to maintain a more healthy and Normal life as possible.

The teachers in this program Jane, Shelly were wonderful, everything were fully explained, you were given a chance to ask questions, and express you self, if you so desired. Healthy eating, communicating, making treatment desicion, healthy exercise, and many many more. most of all developing positive and healthy thinking. "I KNOW I CAN."

Today because of this program I'm getting more exercises everyday, eating my low fats, and a small amount of Carbs, now I have goals ^{plans} which I meet each day.

^{Program} I would gladly if offard I would take this course again, if ever given with that same teachers. Thank you for giving me a new and good lease on my life,
Ida Williams