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To Whom it May Concern:

Please accept this letter as a sincere recommendation of Jim Donak's services to individuals and groups interested in ergonomic training and stress reduction techniques.

Jim recently provided a health and safety workshop for us, in compliance with California SB 198. The session focused on ergonomic safety and stress reduction techniques. Jim's approach, which uses stretching, movement and acupressure, is creative and flexible. The workshop was both enjoyable and informative, and our staff continues to benefit from the blend of stress reduction treatments presented.

Jim shares his considerable knowledge, in a warm and responsive manner, and quickly engaged our group. In addition, the quick at-your-desk massages, which were part of Jim's package, were a treat for all of us. We highly recommend this program for any office.

Sincerely,



Christine Todd  
Director of Human Resources and Administration