

5th March 2013

To whom it may concern;

My family and I were recently very lucky to enjoy a free In-home Nutrition evening through Positive Directions Trust with Alana and Sam.

Sam cooked us a healthy nutritious and yummy stir-fry meal while Alana gave us a fairly comprehensive, talk about nutrition, healthy options, exercise, lifestyle changes etc.

We found the information most beneficial and have taken away some useful tools which we have implemented into our every day lives now.

This was such a great service, we really enjoyed and appreciated it.

Kind Regards

A handwritten signature in blue ink, appearing to be 'CH', written in a cursive style.

Catherine Heemi