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May 21, 2011

Dr. Michelle May  
PO Box 93686  
Phoenix, AZ 85070-3686

Dear Dr. May:

I wanted to extend my appreciation and satisfaction for your work at Valley West Community Hospital's *Eat What You Love: A Mindful Eating Experience* event at Timber Creek Inn and Suites & Convention Center on May 10, 2011. After the success of last year's event, we couldn't wait to have you back to our community. And you didn't disappoint. Again, we're grateful for your experience and expertise; it helped make our planning easier and more efficient, especially when feeding and speaking to such a large crowd.

As part of KishHealth System's ongoing commitment to be a cornerstone of healthcare in our community, Valley West strives to be a resource for preventative and curative health information, education and services. Bringing healthy and accessible messages like yours only strengthens our role as a partner in improving the health of our citizens, and the quality of life in the communities we serve. As healthcare providers, we understand the importance of reducing obesity and obesity-related diseases; anything we can do to help spread that message is vital to the health of our community. Happily, your message is accessible and implementable, which is why we felt the need to bring you back again this year.

This year's participant evaluation forms reflected exactly what we hoped: excellence. 99.22% of the evaluations rated the event as good or very good. Attendee and our own personal evaluations reflect what we hope is an honest indication: your message about mindfulness in eating, and in life, is simple and effective, but takes honesty and sincerity with self to implement on a daily basis. Many participants commented that they would begin implementing your ideas and philosophies immediately.

Again, it was a pleasure to work with you, and wish you every success as you continue to spread your message of Eating Mindfully and Living Vibrantly.

Sincerely,

Allison Bryan, Public Relations Coordinator  
Valley West Community Hospital