



Cardinal

Health System, Inc.

Ball Memorial Hospital
Family Practice Residency

October 17, 2006

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

Dear Dr May,

I wanted to take this moment to thank you for accepting our invitation to serve as keynote speaker for Vital Woman 2006 event and for providing the Mindful Eating Workshop to our Family Medicine physicians and staff. What a wonderful presentation!

I have heard so much positive feedback from participants at both events. While many have heard a familiar weight loss message, your message really hits home. Instead of the "eat healthy and exercise more" message we hear over and over, your presentation takes a different yet practical approach. By helping individuals look at the various reasons why we eat what we eat, we begin to get at the root causes of this epidemic.

You have a great ability to capture the attention of the audience. Your examples and applications to everyday situations helps listeners connect with your message. Your humor allowed us to talk candidly about a serious topic that affects everyone.

It was such a pleasure working with you on this event. Your professional knowledge and experiences and the many other compliments noted above are examples of why I will continue to recommend you as an expert speaker on weight management issues. Thank you again for your willingness to work with us!

Sincerely,

Jennifer Flanagan, CHES
Health Educator
Ball Memorial Family Medicine Residency