



September 28<sup>th</sup>, 2009

Dear Dr. May,

I, on behalf of LifeCare Medical Center, want to sincerely thank you for making the long trip to northern Minnesota to share your great wealth of knowledge and expertise with the members of our community. We are thrilled that our small town of Roseau was the first stop of many to promote your new book, "Eat What You Love, Love What You Eat".

We are committed as a healthcare facility to keeping those in our care as healthy as possible, and we know that prevention is key. With so much information available out there it can be confusing. Many people struggle with what to eat, what not to eat, which diet to try next, and so forth. As you know, this approach to eating is seldom successful as it is restrictive and not realistic to maintain over time.

Your approach to eating is refreshing because the concept is very simple - we have to get back to listening to our bodies. Asking the question, "Am I Hungry?" is something that everyone is capable of doing, and the fact that there are no "forbidden foods" in this approach is wonderful.

I have had many calls from members of our community and have heard people talking about your motivating presentation. You have a gift for engaging your audience in a way that keeps them entertained while learning valuable information at the same time. You have most definitely created a buzz, which was our intention. Getting people talking is creating awareness even for those who were unable to hear you speak.

We have also had many people calling to request a copy of your book, "Eat What You Love, Love What You Eat", because they have seen the one that their friend or family member received at the presentation, and they want one for themselves. It is such a great resource and we appreciate that you were able to get them to us even before you had laid eyes on the finished product yourself.

You were a joy to work with and I will be sure to follow your career as your book is released and more people are able to read what you have to share about mindful eating and living a healthy lifestyle. I also plan to look into your facilitator training course so that I can continue sharing your work with others.

Thank you again!

Sincerely,

A handwritten signature in cursive script that reads "Dawn Hedlund".

Dawn Hedlund, RD, LD  
Wellness Coordinator  
LifeCare Medical Center