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Paul Volk 5141 Skokomish Valley Road Shelton, WA 98584 5/9/05

## Dear Paul,

Although I am somewhat tardy, I want to send along our gratitude to you for your very commendable presentation at Anchor Park United Methodist Church on January 9/10, 2005.

I was somewhat surprised at the good turnout of our church members that were interested in health issues. The wealth of information you offered on all aspects of this bodily temple that God has loaned to us was truly outstanding. You dealt with not only the physical and dietary aspects of our custodial responsibilities but just as importantly, the emotional and spiritual areas that good health can enhance.

Despite having a rather wide range of health matters to cover, you were very competent in articulating the critical areas that impact our day-to-day living. In addition, I was very impressed with your knowledge of not only the latest medical research on a particular health matter but also the applicable Biblical references you used throughout the presentation.

I would recommend highly your presentation to other organizations and particularly to church groups as I tend to think that church members are more disciplined in their manner of living and caring for their health. Please feel free to use this letter as a form of recommendation to others that are seeking a better health style. And, if anyone wishes to contact me regarding your presentation, please pass on the information listed below.

I wish you continued success in your commendable program of bringing health issues to the doorstep of many of us who have procrastinated for years in addressing these issues.

Sincerely yours,

H. J. (Robbie) Robinson Chairman, Board of Trustees

Robbie Robinson

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