

March 21, 2011

St .Elizabeth Hospital
1125 W. Highway 30
Gonzales, La. 70737

To Whom It May Concern:

I recently attended the "Living A Healthy Life with Chronic Conditions" workshop at St. Elizabeth Hospital.

The workshop was a wonderful resource for people living with any chronic disease. It was very informative, educational, motivating, and taught us how to overcome and self-manage the physical and emotional problems people with chronic diseases face every day.

We also learned how to understand and manage common symptoms, techniques for fun & fitness, flexibility, strength and endurance exercises, healthy eating, managing our medicines, and treatment decisions.

The instructors: Susan, Susie and Debbie were very knowable and they helped everyone work thru solving problems with their disabilities.

It was a wonderful 6 week program. Programs like this at St. Elizabeth Hospital helps the community learn to live a healthy life style at a local facility.

Thank you, I am

A handwritten signature in cursive script, appearing to read "Johnnie". The signature is written in dark ink on a white background.