

ATLANTIC INTERNATIONAL COMPANY OF GEORGIA

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May 11, 2017

To whom it may concern:

RE: Terisha Tatter, LIFT Total Wellness Center

I have known Terisha for a couple of years and did not realize what a great asset she is to my overall wellbeing. I have been participating in the Senior Olympics for the last 10 years and with it comes the occasional muscle injury and pain associated with trying to do too much with an old chassis. The first time I saw Terisha, she helped me with some back and arm issues I had, but found her to be quite knowledgeable about every muscle in the body. Since then, I have been a few times, and she has really helped me feel better after all of those sessions.

But the biggest benefit she has been is when she works with me on the exercises I can do daily to keep everything working smoothly and keep from pulling or tearing something else. She cares about me getting well and not having any health issues versus having me come back to her office every week to work on what ails me now.

I would highly recommend Terisha for anyone looking for help with their overall health, and especially muscular healing.

Sincerely,



Robert A. Jackson, CLU