



kevin ames PHOTOGRAPHY

July 23, 2025

Dr. Andrea Pack
691 John Wesley Dobbs Ave. NE
Suite C
Atlanta, Georgia 30312

Dear Dr. Pack,

Last week I had my first appointment with you and the results although subtle were profound. I have the ongoing aches that come from a long life. I have learned that they are part of continuing to breathe.

Our session eased some of the discomfort I experience daily, just from moving and from workouts. What amazed me is that the gentle movements you had me make made such a difference!

I am a side-sleeper. Most mornings I wake with slight pain in my hips. There was no pain at all for the next few mornings. I also discovered a greater pain-free range of motion while driving when I turn to look for traffic behind me. Before the session, I was quite restricted in this movement. Today, I continue to have the greater range of motion.

I hope this letter will help convince others who experience the every day aches of living to consult with your practice. I know they will have an amazing realization that movement guided by you, is, indeed medicine.

With warm regards,

Kevin Ames
Kevin Ames Photography, Inc.