



Donaldson Realty, Inc.

Specializing in Retail, Office & Industrial Properties

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July 15, 2014

Ms. Terisha Tatter
Lift Total Wellness Pilates and Massage Therapy
5885 Glenridge Drive, Suite 100
Sandy Springs, GA 30092

Dear Terisha:

I wanted to write to let you know how my shoulder is progressing since we last met. I came to you with severe shoulder pain and back stiffness for a quick massage last month. You immediately recognized that more was going on with the muscle groups surrounding my right shoulder. My muscles were building up scar tissue and compensating for the collarbone that I broke last spring.

The Pilates exercises and movements that you suggested have really helped me restore a range of motion that my physical therapist could not achieve. And the massage was incredibly relaxing and soothing. In fact, after the massage my muscles felt like melting ice cream on a hot summer day.

You are a consummate professional and I am happy to recommend you to my friends who appreciate your knowledge of the body and expert touch. I also love the quiet and serene setting of your new location. I can't wait to book another massage – just for fun this time!

Sincerely,

Nance S. Donaldson, CCIM
President