

To Whom This May Concern:

I have watched Terisha work with my patient for over a year now. I have seen such great improvement with her cognitive skills and physical abilities. My client was always so scared of falling which made her walk with her head in a lowered position. Now she walks like she's on the red carpet, so poised and confident. Her gait is so much more intact. I see a totally different person in her. She even wears low heels.

About two weeks ago when her pilates session was finished she looked at Terisha and said, "You changed my life, because of you I am a different person today. I remembered how scared I was of falling, and now I walk with confidence, I'm not scared anymore; You introduced me to so much different things that I didn't know existed. I didn't know I can even do. Thank you, Terisha" I am so proud of Terisha and my client. As she continues to take more pilates classes with Terisha, I see continued progress, there is no stopping her now. Terisha, thank you and God bless you for all you do. You are amazing!!

Sincerely,

Marie Clermont

Certified Nursing Assistant

15 years of experience