

March 17, 2015

Terisha Tatter

Lift Total Wellness Pilates and Massage Therapy

5885 Glenridge Drive Suite 100

Sandy Springs, GA 30328

Dear Terisha,

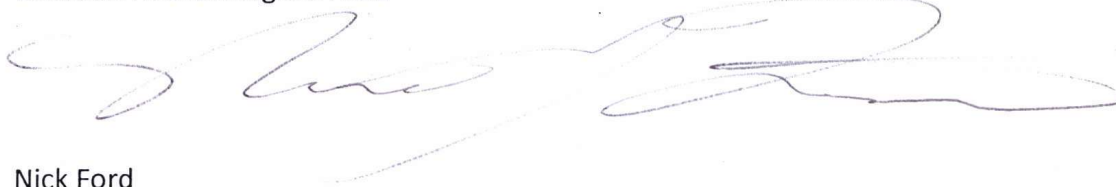
I cannot thank you enough for coming to our office during our busiest time of year to help relieve some tension that builds up after filing many, many tax returns! Our entire staff of 17 absolutely loved your session with us. The information and lesson you gave us combined with your fun personality cannot be found anywhere else. It truly shows that you have a passion to help people live a happy and healthy life.

The routine that you took us through with your spikey green balls was easy to follow and repeat after you left. The result? The staff was able to take a fun and stress relieving break. They learned better posture techniques when sitting at a computer 8-12 hours a day. Most importantly they learned how one small spikey green ball can be used to relieve tension over their entire body (feet pain, calf pain, chest/back pain, and headaches). I'm finding areas of tension that I didn't even know was tense! Now when I go around the office I see these balls at everyone's desk.

I am excited to refer people your way because I know you will treat them right and help them through their pain. Thank you again for being so great to work with.

Sincerely,

Business Accounting Services



Nick Ford