

Terisha Tatter  
Lift Wellness

Dear Terisha,

I am pleased to send you this letter of support for what you have done for me over the past five years.

I started with back issues. You treated me with massage therapy for a while, then added pilates exercises. My back problems went away, and I do a daily regimen of stretches, etc. to maintain the results.

About two years ago I started having shoulder issues. I was diagnosed with a frozen shoulder and needed physical therapy. After that treatment, I came back to you for ways to maintain the necessary work I needed to do each day to maintain my shoulder relief.

In every case, you listened to me, and worked on specific areas. You also added different exercises along the way.

I feel like I have control of my physical issues, and keep going to you for “tune ups”. You have been a big part of my wellness, and I cannot thank you enough.

Warmest personal regards,

Michael Weiser