

Nancy Freeman

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New Orleans, LA 70119  
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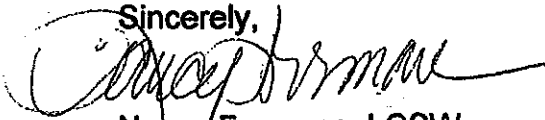
Dear Sir or Madam,

I am at the start of the 6<sup>th</sup> day of my Mind Body training and I'd like to thank you for the scholarship assistance that made it possible for me and other health care practitioners to attend this training in New Orleans. The flooding subsequent to Hurricane Katrina taught us all the powerful connection between mind and body. Few of us sustained physical injury, but most of us sustained enormous losses and experience chronic stress as we struggle to rebuild our lives.

This training has been of great help both personally and professionally. Dr. Gordon offers an array of scientifically proven strategies for addressing and reducing stress and for connecting with our internal capacity for healing and rejuvenation. I especially appreciate the way in which the approach is non sectarian and flexible in addressing individual needs. In just a few days, I have experienced increased energy, focus and calmness. I look forward to continuing to practice and learn so that I can take this work to others in my community. I am especially excited about the possibility of using this work with children to help them deal with their loss and ongoing stress.

Thanks again for making this possible.

Sincerely,



Nancy Freeman, LCSW