



U.S. Department
of Transportation
**Federal Highway
Administration**

12300 W. Dakota Ave., Ste.

Lakewood, CO 80228

Colorado Federal Aid Division

Ms. Rachel Rolfes
STRESSERCISE for Life
701 Harlan, Suite E-47
Lakewood, CO 80214

Dear Rachel:

We thoroughly enjoyed our day with you and the presentation of ***Change, Stress and Nutrition*** here at the Federal Highway Administration. I was pleased the employees were engaged and involved throughout the day. I believe each employee took away useful information and thought-provoking ideas to further review, study and consider for implementation in their own lives. I fully expect many to make changes in their lifestyle or diet that should result in happier, healthier, more productive personnel.

Your professionalism, organization and energy were outstanding. We only regret that our budget limited us to a one-day presentation for the material you normally and preferably cover in two days. I believe the additional topics and more detailed information would have been most worthwhile.

It was a pleasure working with you.

Sincerely yours,

Douglas Bennett
Assistant Division Administrator

