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To Whom It May Concern:

I highly recommend Dr. Edward Sofo's lunch and learn sessions. We hold ours during lunch hour calling it a brownbag session. Employees seem to appreciate that their company is concerned about their personal health and we always have a good turn out.

Dr. Sofo's sessions are really informative with current information especially supplying great ideas for employees and what they can do in the workplace and at home to better their mental and physical stresses. His sessions can also be interactive. He goes around the room and shows staff how to actually do the exercise(s), depending on the topic. He has many topics to choose from and can also recommend certain sessions based on your needs/interests. It is a nice break in the day for many and where else can you enjoy your lunch hour and take away ideas that will benefit your mind and body.

Truly,

PB Americas, Inc.

A handwritten signature in cursive script that reads 'Jennie Helmlinger'.

Jennie Helmlinger
HR Coordinator