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Dear Harvey:

We wanted to take a moment to thank you for the work you have been doing with our members. When NAMI Queens/Nassau Friendship Network recently decided to provide our members with a weekly fitness program we immediately chose Hope Fitness as the professionals to lead this program. As always, you have delivered a routine designed specifically to meet our members' needs. Harvey, you and your staff, have made sure to adjust the program so that everyone, no matter what their ability level, is included in the class. The information you have included on nutrition has educated our member on ways to improve their health and general well being.

Of great importance to us is to see the fun our members have during the class and the relaxed happy smiles they have when class is over. One of our members summed it all up, in an article she wrote last month for our newsletter, which included the following:

Two years ago members from the Friendship Network and NAMI came together for a Fitness Program, working out with cardio vascular exercises. Many of our members attended and were very pleased with their results. To top it off we had such a great instructor who motivated us to continue to do more exercises. There were also basketball games that we attempted to win and we learned a few more tips on how to shoot the ball. We were instructed in aerobics and calisthenics, as well as cardio vascular movements. When the eight weeks were over, we were all so disappointed that our gym class was ending and we were faced with the reality of trying to keep active and motivated on our own. The instructor, Harvey was such a wonderful teacher that we told him that we hoped he would be able to come back.

To our surprise this year Friendship Network reinstated the class! We were so happy! Harvey came back and started off where we had ended. The great thing about Harvey is that he doesn't go too fast in teaching us the techniques and correct ways of making our bodies healthy. He not only teaches us movement, but also gives us tips in nutrition. The group feels so good after the end of the session that we look forward to the following week, to continue our progress of staying healthy and fit.

Thank you for all that you have accomplished with this program.

Sincerely,

Alice Cohen

Director

NAMI Queens/Nassau Friendship Network