

Miss Geary,

Would you like to increase the productivity of your workforce? Would you like to improve morale, increase teamwork and reduce injuries and sick days at the same time? I would like to help you do it.

I would like to introduce myself. My name is Dr Larry Wood, and I'd like to make you aware of a beneficial service I can provide to help you, our school and community. I am a graduate of Pleasant Valley, 1985 and a veteran of the 82<sup>nd</sup> Airborne Division. Currently I am a Doctor of Chiropractic and have had my practice in town for the past 7 years. My son Aidan attends Polk elementary.

I am writing to you in regards to an exciting program that we are offering through our office. The purpose of this program is to bring people together into healthier interdependent teams that increase their efficiency in the office and their effectiveness with each other. The uniqueness of our program is that it focuses on **first creating healthier individuals**, then healthier teams. The federal government created the Healthy people initiative in 2000 and in 2010 phased in schools and government offices to provide their faculty, staff and employees beneficial health talks quarterly. You may have contracted groups to provide this service.

There is no cost to the school associated with the program. The exposure that I receive in the community as a Health Coach completes the Win - Win - Win picture. The workshops will certainly be a win for the participants in the information and the knowledge that they will gain; the organization will benefit from a more inspired, motivated and educated work force and I will certainly be the obvious choice for those participants that are seeking a better way to better health

The workshops each stand on their own but are exponentially more effective when given as a series. We can discuss scheduling strategies that have been successful in the past.

Listed below are some of the titles offered in our program:

How to Increase Your Energy by 300%  
Healthy Mental Attitude  
Total Life Conditioning  
Beyond Basic Training  
Boost Your Immune System in 21 Days

...and more.

Thank you in advance for your time and consideration. I will be doing a follow-up contact in the near future to determine the schools needs and interest.

In Health,

Dr. Larry Wood