

Curves

March 27, 2005

Retta Shealey completed a series of safety trainings at our Curves clubs in Douglasville, Lithia Springs, Powder Springs, Cobb County and Dallas. The attendance was strong at each location. Our members really enjoyed the information presented to them.

The best part about Retta and her educating us was that she was fun about it and gave examples of how to protect ourselves in an everyday situation. No one felt that it was over the top, or too much for them to do. We had members volunteering for Retta to show us some of the self-defense moves.

It was very educational and uplifting. We would love to do this sort of thing again.

Scheduling the classes with Retta was very easy to do. She worked with us and recommended the best time of day and best evenings. Overall we had a wonderful time and learned some very important information while doing it.

Thank you so much for all of your help and awareness!

Sincerely,

Amy Bohrer, Manager

Curves of Douglasville, Lithia Springs, Powder Springs, Cobb County and Dallas, Georgia