

From: [Biggers, Chrysta \(ATL\)](#)

To: Training2besafe@att.net

Sent: Friday, July 30, 2004 3:54 PM

Subject: Women's Safety Seminar

Retta,

Just wanted to drop you a quick note to thank you for coming out to Jackson Lewis yesterday to conduct our "lunch and learn" program. I came into the room with a little bit of a "heard-it-all-already" attitude. In all honesty, however, I got more useful information from your talk and demonstration than I have any other women's safety and/or self-defense seminar and learned several things I didn't know in the bargain.

I've already recommended your program to several of my friends and sincerely hope they will avail themselves of the knowledge you have to share. I also look forward with great anticipation to your return to Jackson Lewis for a follow-up session. Keep up the great work.

Sincerely,

Chrysta Biggers

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