



Huntington Harbour Village

July 6, 2018

Attn: Silver Sneakers Organization HQ

We here at Huntington Harbour Village in Huntington Beach are just thrilled and delighted to have your program in our Clubhouse. It has really brought this community together since we have so much fun (amidst occasional groans) at our classes.

The response has been great since we started classes here in June. We're averaging about 30 people per class and [REDACTED] (our instructor) keeps us moving, motivated and laughing. We had to relocate a new raised platform to the middle of the room so she can now be seen more easily for us to follow along. Even though we are encouraged to go at our own pace, sometimes the great music gets the best of us and we end up wanting to keep up with her high energy.

I've heard comments from participants that they are sleeping better, are not so stiff when they wake up, see flatter tummies, are thinking clearer, and have more energy. Once couple said they are enjoying waking up their dormant muscles!

Hats off to Taylor Ferrell and your organization for making such a good difference in the lives of our residents here.

Sincerely,

Jeannie Bird
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