



May 10, 2012

Joe,

On behalf of the Healthy Living Niagara workplace committee, I would like to thank you, the drama students, and Mirror Theatre for presenting *Ball and Chain: Dispelling the Myths of Mental Health Stigmas* on April 4, 2012. This interactive workshop was quite informative and thought-provoking. The attendees were definitely challenged to consider mental health issues in a different light.

I received positive feedback from attendees regarding the workshop. One participant shared the following thoughts, "The Brock students put together a terrific interactive workshop! I was really impressed with the amount of research they did to make the issues they depicted so relevant and meaningful. The audience was alert and involved immediately, and became quite enthusiastic during the interactive segments. What a great way to get a message across and brainstorm solutions! I would highly recommend using these students for any workshop or conference."

The Healthy Living Niagara workplace committee is interested in collaborating with your team on a workshop which focuses on healthy eating and physical activity challenges in the workplace. The workshop would be presented at our annual Healthy Living Niagara Awards event on November 21, 2012. Please let me know if this is a project you and your team would be interested in pursuing.

Thank you once again. I look forward to working with you on future projects.

Sincerely,

Lisa M. S. Barrow, DM

Healthy Living Niagara, Workplace Committee Chairperson