



WASHINGTON
ATHLETIC CLUB

29 March 2009

Sherry Lebed Davis, President
THE LEBED METHOD, Focus on Healing
14418 47th Place West
Lynnwood, WA 98087

RE: Letter of Recommendation – The Lebed Method

Dear Sherry:

This letter expresses the on-going support of Washington Athletic Club for the Lebed Method as an effective therapy and exercise tool for our valued members who have been diagnosed/treated for chronic illness, cancer, and related life-threatening illnesses.

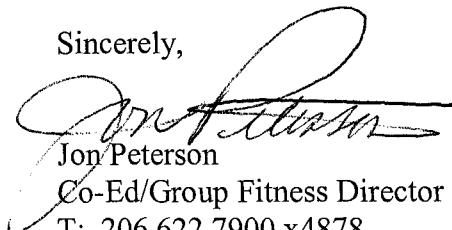
Many members began with our organization as a primary social networking component related to their job and/or career, but over time have transitioned into our athletics programs in response to growing families and the natural capillary effect of their own lives, activities, and interests.

With growth comes change – both good and bad. In response, Washington Athletic Club developed the Wellness Center, and was pleased to be able to add the Lebed Method in 2006 to assist members whose once physically active lives threatened to be curtailed with an unpleasant diagnosis. Our members do not like to be told to stop their fitness activities – it is part of their identity. A priority. It often times sets them apart from their friends and contemporaries.

As a club of over 13000 active members, in existence since 1930, our adoption of progressive programs such as Lebed have helped us become not just a strong social presence in the Pacific Northwest, but one of the healthiest. The Lebed program has been helpful in achieving this goal.

Thank you for the opportunity to recommend this program to other similar organizations.

Sincerely,


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