



QUALITY, PASSION AND SUCCESS

February 21, 2006

Dear Mike and Katy:

I want to thank Healthy Eating Lifestyle Principles (HELP) and United Way for creating and delivering a high quality employee wellness program, *Choose Your Life: Steps to Health*. Through the partnership between HELP and United Way and with funding from the Monterey County Health Department's initiative, Steps to a Healthier Salinas, we were able to receive the program free of charge.

Our employees at Ocean Mist benefited from this program during its pilot phase last summer. The seven part class was offered to three groups of our employees starting July of 2005. Two groups came in a half an hour before their shift to participate, and the management employees attended during their lunch break, totaling about 45 individuals. Our people enjoyed the program. The bilingual trainer related well to both Spanish and English speakers.

We found it was a good way to empower our employees with health messages about the importance of good nutrition and physical activity. The information covered in the classes addressed very practical issues of portion size, label reading, the value of aerobic activity, the new food pyramid, etc. Ultimately these issues affect not only employee risk factors for obesity and diabetes, but also Ocean Mist's costs, as measured in health insurance premiums and productivity.

We are committed to the health of our workforce and would like to continue working with the *Choose Your Life* program to make sustainable changes that will continue to support employee health. Thank you for providing that opportunity!

Sincerely,

A handwritten signature in blue ink that reads "Jorge Suarez".

Jorge Suarez
Human Resources Manager