



Pontiac Assembly Center
2100 South Opdyke Road
Pontiac, Michigan 48431-3155

August 9, 2004

Oakland Personal Training
131 Auburn Road
Rochester Hills, Mi 48307

Re: OPT Presenting to the Women at Pontiac Assembly Center

Dear Tim Hauke:

I want to thank you for the job well done by yourself and your staff on Thursday, August 5, 2004 in presenting at the monthly communication meeting to the Women at Pontiac Assembly Center.

The health and exercise information that was shared with our women at PAC was very informative. Your presentation was very helpful in giving us examples on what we could do to improve our lifestyle and wellbeing. In understanding the balance between diet, exercise, and personal wellbeing will help give women better knowledge on what goals need to be achieved to make a lifestyle change. After your presentation, I feel the women of PAC now have a good understanding on how important it is to have a balance between work and a healthy lifestyle. You showed us the importance of taking care of ourselves, and in return we are able to contribute more to our work and family.

Your presentation and exercise pointers were much appreciated by the entire group. We specially want to take the time to thank you for the stretch bands that you had provided to each one of our members. The stretch bands will give us a new kick start on changing our lifestyles. Again, we thank you very much for your time and effort to make this a great experience.

Thank You,

Jessica A. Galich
Chairperson - Women in Manufacturing
Pontiac Assembly Center
General Motors Corporation