

Blue Cross Blue Shield of Texas
17806 I-10, San Antonio, TX 78257

June 22, 2017

To whom it may concern,

I am very pleased to write this letter of recommendation for JTA Wellness. I began working with JTA Wellness in 2015 when I recruited them, specifically Jan Tilley, as a guest speaker for a lunch and learn event exclusively for staff and employees at a local school district in San Antonio, Texas. By popular demand, JTA Wellness was invited back to provide various services to employees and staff such as onsite health coaching which included nutritional counseling. As per my recommendations and the approval of the school district's leadership, JTA Wellness was asked to join several collaborative efforts in developing and implementing impactful wellness initiatives and challenges.

JTA Wellness staff impressed me with their ability to be articulate meaningful constructs and connect with our workforce with such passion and innovation. Their passion for teaching and raising awareness about the benefits of evidence-based health and wellness concepts is reflected in their teaching. JTA Wellness contributed immensely to our employees' overall health and well-being. I'm confident that JTA Wellness will continue to demonstrate the same diligence and optimism that they exhibited during their presence at the school district.

In closing, it is clear to me that JTA Wellness is and will continue to be devoted to providing quality service and education. In the context in which I have had the pleasure of working with JTA Wellness, the staff has demonstrated their collaborative abilities, genuine compassion and quality of knowledge and service. I feel confident that JTA Wellness will make a significant contribution.

You may reach me via e-mail or by phone. I will be happy to provide additional information or answer any questions, if needed.

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Judson Independent School District (2014-2016)
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