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August 6, 2009

Mr. Jeff Zlotnik
The Meditation Initiative
541 2nd Avenue, Suite A
San Diego, CA 92101

Dear Mr. Zlotnik:

I want to thank you for your presentation at our recent conference, ***Vital Aging: Using Body, Mind, and Laughter to Thrive in Uncertain Times***. Since its inception eight years ago, the Vital Aging conference continues to impact the lives of San Diego County residents in positive ways. This event is one way that we reach out to San Diego seniors to bring the latest and best knowledge directly to the community. It is our hope that we inspire seniors to lead healthier lives, find ways to reduce stress, and increase their sense of satisfaction with life. With your presentation and activity, you have helped us succeed in this goal. Your contribution was a highlight and added significantly to the success of Vital Aging 2009.

The conference audience included over 500 seniors and community members. The meditation activity, with your clear and calm directions, gave everyone an opportunity to try something that many had never tried before. Your introduction de-mystified meditation and made it very accessible. The audience members reported in their conference evaluations that they both enjoyed and learned a lot from you. Once again, we greatly appreciate your excellent presentation and contribution to the Vital Aging event. Thank you!

Sincerely,

Pamela B. Smith
DIRECTOR

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