

Upper Basildon,  
Berkshire RG8 8TA.  
Tel/Fax  
Mobile  
Email

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Theresa M Wright  
Health Therapist  
Midgham Croft  
Midgham Green  
Reading  
Berks RG7 5TT

*Dear Theresa*

A short note of appreciation for all that you have achieved in sorting out my flexibility. When Jamie Baird suggested that Sports Massage would greatly improve my general fitness and agility I hadn't expected such amazing results. Over the last two years your regular routine of massage has worked wonders, but more recently the programme of stretching that you have prescribed for me has produced an even more dynamic improvement in my joints and limbs. The customized approach that you have developed has most definitely resulted in significantly enhancing my wellbeing.

*Yours aye  
Amy*