



LONG BRANCH PUBLIC SCHOOLS

GREGORY SCHOOL

201 MONMOUTH AVENUE, LONG BRANCH, NEW JERSEY 07740

February 18, 2008

Dr. James Proodian
Natural Healthcare Center
10 West End Court
Long Branch, NJ 08844

Dear Dr. Proodian:

The teachers and students of the Gregory School really enjoyed your recent presentation on "Health and Nutrition." Everyone thought it was very entertaining and learned much about health and wellness.

We greatly admire your belief in educating adolescents about the importance of proper nutrition and exercise so they can feel better and live longer. In today's society, we all need to be more cognizant of the health risks associated with being overweight, such as Type 2 diabetes, heart disease and high cholesterol; we need to be more cautious in making decisions about our eating choices.

Several students expressed how much nutritional knowledge they gained from your presentation. They learned how important water is, the harm in eating foods with trans-fats, and which fats are beneficial and detrimental to our health.

One of the fifth graders we interviewed afterwards told us, "It was a good assembly. I remembered fried chicken and fried eggs are bad for you, and boiled chicken and hard boiled eggs are good for you because they help your body stay healthy." Another student said, "Eating junk food makes you tired." Other students explained that they liked when you discussed different fruits and had student volunteers come on stage and describe the importance of each type.

Knowing about proper nutrition is beneficial to students of all ages...after all, shouldn't the health of our students be a top priority? Without a proper diet, exercise, and rest our students will not function optimally and be more prone to sickness. We need to continue the health education process for them to perform their best in school, in sports, and in life.

Thank you again for a wonderful presentation.

John J. Perri
Principal, Gregory School



LONG BRANCH PUBLIC SCHOOLS

LONG BRANCH HIGH SCHOOL

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CARMEN L. VEGA

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SUPERINTENDENT OF SCHOOLS

Dr. James Proodian
Natural Healthcare Center
10 West End Court
Long Branch, NJ 07740

Dear Dr. Proodian:

The Alternative Academy at Long Branch Public Schools would like to thank you for your presentation to the students and staff on March 26, 2007. Your practical everyday advice on ways to eat better and stay healthy was heard and appreciated by all. After the presentation, the students discussed and were very interested in the many ways that they can modify their eating habits to produce more energy and a healthier outlook.

We enjoyed your charismatic and humorous speaking style, and look forward to having you return to our academy. Thank you for taking time out of your busy schedule to visit with us.

Sincerely,

Carmen L. Vega
School Administrator