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DIRECTIONS
5764 Monkland Avenue
Suite 18
Montreal, Quebec
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Dear Sirs:

RE: WARREN SHEPELL – CREATING BALANCE IN YOUR LIFE

I attended a Seminar today given by Gillian Leithman with respect to “wellness” in our daily lives. It was very interesting and informative for women in the workforce trying to juggle their personal lives as well as careers.

Gillian was very insightful as to the needs of woman who are busy with homes, families, outside relationships, as well as work.

What I found to be a strong point was her way of engaging the group into discussion about the topics being discussed.

All in all, it was a very enjoyable and interesting hour.

Yours very truly,

MCMILLAN BINCH MENDELSON



PER: Vivian London