



September 10, 2003

To whom it may concern,

It has been my professional pleasure to know and work with Theresa over the past 2 years. As in all professions, some people just really stand out and Theresa is one of those people. Her skill level is so refined that you are able to access areas that others might never notice. Theresa's people skills are exceptional. Theresa always takes the time to listen to each person about any pain or stiffness and offers a proper exercise program to do at the workplace or at home.

Theresa has been working on our employees who use massage to manage their stress. Employees constantly tell me how stressful it is at work. I have found that bringing massage directly into our workplace dramatically improves everybody's attitude.

I'm am confident that Theresa would add value to any organization and help reduce and manage stress at the workplace.

Sincerely,

Mary Kanaris
Human Resource Manger

your partner in synthesis and molecular biology

UNITY CHURCH OF MISSISSAUGA

October 19, 1998

Dear Friend: *Hi Honesa*

On behalf of the organizers of Saturday, October 17th, 1998, Alternative Health Fair, I would like to thank you for your participation. Without the beautiful energy you brought it would not have been a complete.

This was our 20th presentation and it is our intention to continue having these events so that public awareness is raised from the focusing on disease to determining and maintaining health. It is a slow process which, with continued effort, will eventually bring about new awareness. Any change in mass consciousness takes time and consistent effort. People such as yourself are exceptionally special to this cause. The forerunners of any change often have to struggle for a time but persistence always wins the day. It is evident from the numerous T.V. programmes on this subject that public awareness is growing. Our change in name from Health Your Body Day to Alternative Health Fair resulted in many new inquiries. Many of us are already having greater success than when we started several years ago.

Alternative Health Fairs' are about many things; networking and sharing ideas, public awareness, increasing a client base; and also having a day just to be with others of like mind, and perhaps experiencing a form of spiritual renewal.

We hope that all of these areas were of value to you and of course we hope you will join us again at our next event, tentatively set for April 24, 1999.

Until then may you be blessed with every good that this Universe has for you, and once again our sincere thanks for your time and talent so willingly shared.

Yours in Light and Love,

Patricia

Patricia Hurst
Facilitator, Alternative Health Fair.

26 Ann Street, Mississauga, Ont. L5G 3G1

tel: 905-271-3227

Thanks for being with us on Saturday. I noticed you were quite busy and you put out some wonderful energy. Our Fair would not have been the same without you. I have given Tony the receipt you requested.

Body Image Coalition of Peel

March 19, 1998

To whom it may concern:

Theresa Hawco is an active member of the Body Image Coalition of Peel. As a member of the Coalition's Community Awareness Working Group, she helped plan and implement our community forums for the past two years. Theresa was a speaker at the event this year and shared her personal experiences with an eating disorder to an audience of about 65 people. Theresa also spoke at a Body Image of Peel general meeting on the same topic. Both talks were well received. The community event talk was highlighted in the local print media. Theresa is dedicated to helping others who are at risk of developing an eating disorder by talking about her experiences.

Sincerely,



Mary Turfryer
Chair, Body Image Coalition of Peel

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June 10, 1997

To Whom It May Concern

In March, Theresa Hawco spoke to my grade 10 Foods class about Eating Disorders: Anorexia Nervosa. She demonstrated great interpersonal skills with this young audience and shared her personal story of battling anorexia with the students with ease and confidence. Her story touched one of my students in particular, who later revealed to me of her own eating disorder. Teresa was able to touch her and give her the courage to seek help.

As a highschool Family Studies teacher, I see eating disorders as very much a concern among today's youth. Often hiding and denying their problem, teenagers need to hear real stories from speakers such as Theresa to give them the courage and confidence they lack to seek their own help.

I highly recommend Theresa Hawco as a speaker and invite her back to my classroom anytime.

Sincerely

Anna-Ly Mullaste
Associate Head of Family Studies