



YAMAHA MOTOR MANUFACTURING CORPORATION OF AMERICA

**Pam DeBease
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I would like to extend my thanks to Dr. Rob DeBease of Alternacare for the excellent seminar, Healthy Self, performed for the employees at YMMC. Dr. Rob's easy, interactive style kept the class fun and entertaining while being extremely informative.

Here are some of the feedback comments received from some of the participants.

The seminar was interesting and informative.

I thought his presentation was very interesting. I really like that he started off reinforcing that every person has their own opinion and should do what is right for them. He did not present in a way that made you feel like he is the only one that is right and anything you thought or tried was wrong.

He did an excellent job for education. I found it very enlightening and never really thought about some of the things he discussed.

I totally found this seminar to be extremely helpful to me. Having to constantly watch my weight all my life, I now know there are different alternatives then starving yourself to death.

As you can see, the seminar was very well received and we look forward to discussing other topics for similar opportunities in the future.

A handwritten signature in black ink that reads "Alea S. Harris".

**Alea Harris
Corporate Planning Manager**