

# WASHINGTON SENIOR CENTER

VETERANS HALL

P.O. Box 352 • Washington Depot, Connecticut 06794

(860) 868-0735

January 14, 2011

Debora Farrington presented two programs at the Washington, Ct. Senior Center. Arthritis in the hands, a self help program, teaching points to aid in circulation and giving relief from the aches associated with arthritis. The seniors enjoyed the workshop and were given the necessary tools to teach them to take care of themselves. The second program was "Get Fit Where You Sit", a chair Yoga program. They learned a calming breath for de-stressing, light weights for strengthening and chair Yoga for stretching, strengthening and aiding in mobility. It gave the seniors a chance to share their stories and enjoy their bodies, minds and hearts.

Debora has a very warm and engaging personality. We embraced any program she offered, since the seniors responded so well to her. It was a positive experience for all!

Sincerely,



Pamela Collins

Senior Center Director

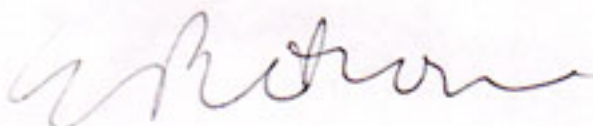
Municipal Agent for the Elderly and Disabled

To whom it may concern

January 2011

I am the program Director at The Health and Fitness Institute at Stamford Hospital in Stamford CT. We have thoroughly benefited from having Deborah work at the center. She is not only caring and wonderful with members; she is excellent at her job and a true healer. She has a mission and I believe she deeply touches those she meets. I highly recommend her as she moves into new areas of work in new parts of the country.

Sincerely



Elaine Petrone