


From:Sonya_Lockhart@gillette.com 
Date:2003/03/07 Fri PM 04:56:58 GMT
To:wdewar@healthy-options.com
Subject:Reference for Winsome Dewar

Further to our discussions over the last few days, I am pleased to provide you with the following reference.

RE: Winsome Dewar of Healthy Options

Winsome Dewar has been a consultant and nutrition and wellness counselor with Gillette Canada Company during the year 2002. Winsome gave a series of five Lunch & Learn workshops over several months covering a range of nutrition topics, and also gave an eight week nutrition and weight loss program leading up to the Christmas season.

Winsome's workshops always were always well attended and most had full registration. This is a tribute to the usefullness of the material she presented and her skills as a facilitator. She is very approachable and knowledgeable and so the dynamics within the room were always relaxed and informal - a wonderful environment to learn in. Seminar evaluations consistently reflected both a need for this kind of information and that Winsome was a highly rated presenter and teacher. Handouts were found to be a valuable resource as well.

We will be inviting Winsome back to Gillette again this year and truly enjoy having her as a teacher, friend, and expert in her field.

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