



OPERATED BY THE TDL GROUP LTD.
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Natalie Uroda
CORPORATE WELLNESS SPECIALIST

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Dear Sir or Madam,

It is my pleasure to be writing this letter of reference in support of Winsome Dewar. As the coordinator of the company wellness projects here at The TDL Group Ltd., I have had many opportunities to work closely with Winsome for almost two years. I have been highly impressed, not only by her level of professionalism, but even more so by her strengths to motivate, lead and respect her clients and fellow colleagues.

Winsome's dedication and energy have been well recognized by all levels at the Tim Hortons Head Office. The quality of her presentations, the content and the dynamic style that she uses, has set the bar for all other wellness educators, both internal and external, that conduct sessions for our employees. Winsome earns the respect of her audience because of her ability to connect with a variety of people and by using "real-life" examples in her presentations.

She has an outstanding supportive and motivational attitude towards her Healthy Options corporate programs. Many of our employees have successfully made positive life-changes on account of Winsome's guidance and dedication, and the Healthy Options plan has been unofficially adopted as The TDL Group Ltd.'s weight loss program by the employees of the Oakville Head Office.

There is no doubt in my mind that Winsome would be an invaluable addition to any team she joins.

If you have any questions, please do not hesitate to contact me at 905-339-6273.

Best Regards,

Natalie Uroda