

Dear Dr. Saalfield and Conference Committee Members,

Greetings. I wanted to take a moment and thank you all for the wonderful event that was the Living Well Conference in June. I had a blast learning about the different topics and meeting new people, while trying exciting and healthy new food and fun activities.

I didn't expect to get this much out of a conference since it was for-credit, and assumed that it would be set up in a boring manner in the beginning. Thankfully, I was very wrong.

Not only did I take in more information than I thought I would, I began to utilize different methods in my everyday lifestyle in order to better improve my health in the future. I enjoyed the lesson about the beauty that is the Mediterranean lifestyle, and learned a lot more about the complexities and necessities of sleep than I previously knew, among other things.

This course was set up in a wonderful way that encouraged learning while also having a fun time doing so, with fair rules established and assignments (such as this one) that make you want to complete them as opposed to dread doing them.

With that said, once again, I'd like to thank each and every one of you for a great time and a great course for us stressed college students. Dr. Saalfield, Dr. Sidossis, Dr. Bates, Dr. Buckman, Dr. Spaeth, Dr. Nagle, and Dr. Murphy, we truly appreciate your eagerness to teach and learn alongside us, and I wish you all the best moving forward, especially with this course in the future.

Sincerely,
Islam A.