

Paul R. Baird Middle School

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*Donna M. Hogan
Principal*

*Mary C. Dobeck
Assistant Principal*

Garden of Om Yoga
Laura Muschenko
125 Main Street
Monson, MA 01057

Dear Ms. Muschenko:

On behalf of the staff and students of Paul R. Baird Middle School I would like to thank you for your participation in our Fitness Day Event. The day was a huge success. By the end of the day our students were breathless and happy.

I can't thank you enough for your energy, enthusiasm, and time. Our students and staff can't stop talking about your fabulous yoga classes. Our librarians felt ready to conquer the world after spending the day with you. You truly have a gift for working with pre-teens. I hope to speak with you in the near future about your MCAS yoga sessions. I mentioned it to Mrs. Hogan, our principal, and she is interested in learning more about the schedule and how the sessions are run. I look forward to speaking with you soon.

We are looking forward to next years Fitness Day Event and hope that you will agree to participate in the event next year. Thanks again for your generous support and participation.

Best Wishes,



Deborah E. Casagrande
Middle School Health Educator
Healthy Choices/Jump Up and Go Grant Coordinator