

To Neil

Just to say "Thank you" for all the support and encouragement you have given me at Release Pain Exercises. I would like to encourage you too. Please keep up working with the Older generation. I don't think you could possibly realise how much we have valued the work you have done to help us beat pain - Older people really enjoy being with the young. We are competitive despite our age and being encouraged by you and Steve has been lots of fun and inspirational. You have helped

us to feel young again and given us a reason to get up in the morning, inspired us to regain confidence and from my own point of view, I am walking better, managing my pain better and feel so happy. This is down to all I have been able to achieve through joining in these trials. Thank you I salute you.

X Marian Bunnery

ps My doctor has referred me to the Gym. I have already joined Chair Aerobics and the Thursday Walking Group.