



December, 2019

To Whom It May Concern,

I would like to introduce and recommend Shirley Colihan Premont who is a Health Coach certified by the Dr. Sears Wellness Institute. Having completed the rigorous Health Coach training program and certification exams through the Institute, I am confident in her ability to effectively lead others.

As a physician for over 40 years and a survivor of stage 4 colon cancer, I am an advocate of nutrition and healthier lifestyles. Over the past fifteen years, I have dedicated myself to improving the lives and health of individuals and families by providing simple and practical instruction. Through the Dr. Sears Wellness Institute, we have developed wellness programs, materials and resources designed to educate pregnant /nursing moms, children, parents, and seniors on how to live happy, healthy lives.

Around the U.S. and 42 different countries, our Certified Health Coaches are making a difference in the health of others by utilizing our unique and simple approach and working with businesses, medical offices, schools, pregnancy centers, gyms, churches, and more. These efforts have received the recognition and endorsement of organizations such as the American Council on Exercise (ACE), the International Childbirth Education Association (ICEA), the National Association of Nutrition Professionals (NANP), Brandman University, among others.

It is my sincere hope that you will have the opportunity to work with Shirley and experience the benefits of her expertise and experience.

A handwritten signature in black ink, appearing to read "William Sears", is positioned above the printed name.

William Sears, M.D.

www.drsearswellnessinstitute.org

