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February 12, 2008

Ms. Angie Lustrick
Angie's World
5225 Canyon Crest Dr. #62
Riverside, CA 92507

Dear Angie:

Thank you for your lively, energetic presentation to LIFE Society this past Tuesday on the subject of *The Physiology of Aging*. You know that LIFE Society is a lecture series for senior retired professionals administered through UCR Extension. As you could see as you looked out over the audience, we were all visibly aging as you spoke. I think, however, we all recognize that if we follow your excellent nutritional advice and exercise at least 30 minutes a day, we can, if not stop the aging process, at least slow it down.

The simple exercises you had us do energized us for the rest of the day. I'm sure we all learned much from your presentation. My friends and I are still talking about the information you gave us about vitamins and the elastic band exercises. I know we will all benefit from what you have taught us.

Sincerely,

A handwritten signature in cursive script that reads "Valerie".

Valerie Foucherier, President
LIFE Society

cc: Sharon Duffy, Dean
UCR Extension