



The Keystones *of Cedar Rapids*

Independent & Assisted Communities for Seniors

July 22, 2013

To whom it may concern,

I have had the pleasure of working with Chris Pipkin, regional owner of Live 2 B Healthy Senior Fitness since February of 2013. The Keystones of Cedar Rapids have invested in this program at both Keystone Cedars Assisted Living and Keystone Place Independent Living, offering our residents classes three times weekly.

I would highly recommend Live 2 B Healthy Senior Fitness to other retirement communities that would like to assist their residents to become more independent or to maintain their strength.

Live 2 B Healthy has helped revitalize exercise for our residents, making it fun and enjoyable. Residents of varying levels are able to participate in the program, with the focus on improving balance and strength of the residents. I have enjoyed watching new friendships grow as residents support each other in the program.

As the Marketing Director, I have used the class to invite prospects to attend the exercise program. This has been a wonderful way to get prospects interested in our community and help them recognize Keystone's commitment to wellness.

I would be happy to answer any questions you have or provide further information upon your request.

Sincerely,

Lisa Cleland, LSW
Marketing Director
The Keystones of Cedar Rapids