



UNIVERSITY of CALIFORNIA, SAN DIEGO  
MEDICAL CENTER

September 9, 2009

Jeff Zlotnik  
Executive Director  
Meditation Initiative  
541 2<sup>nd</sup> Avenue, Suite A  
San Diego, CA 92101

Dear Jeff:

I want to thank you for coming to UCSD Medical Center during Social Work Month and providing an inservice on meditation. It was an excellent presentation. Several of us were delighted that you agreed to continue to teach us meditation on a weekly basis. As you know, the hospital setting is often very stressful. It has been helpful to introduce some of the techniques we have learned to our patients and colleagues and to incorporate them into our practice. For example, I was able to discuss and teach meditative breathing to one of my patients who was experiencing stress. The breathing ameliorated some of his stress and anxiety and he was able to proceed with a scheduled procedure.

Thank you again for introducing us to this very healthy, helpful practice! We look forward to more sessions with you.

Sincerely,

A handwritten signature in dark ink, appearing to read "Stephanie Bremond", is written over the typed name.

Stephanie Bremond, LCSW  
Clinical Social Worker