

From: Meaghan Cotts <[redacted]@aol.com>

To: petersklar@aol.com

Subject: August Workshop

Date: Thu, Aug 20, 2009 11:50 am

Wow. I just got home a day or two ago, and I already miss everything. I just wanted to thank you for inviting me to the workshop. It was awesome! I made so many friends, and the instructors were all amazing. I know so much more about nutrition and performing than I ever knew before. If I ever had doubts about anything, they are gone now. I can't thank you enough. I think I even miss the food. =)

Speaking of the food, could you email the recipe for the Veggie burgers? Those were delicious.

And last but not least, could I have the information for my two chaperones Sarah Miles and Brittney Perez?

Thank you so much!

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Meaghan Cotts