



SAN MATEO COUNTY HEALTH SYSTEM

Curtis Chan
225 37th Avenue
San Mateo, CA 94044

April 8th, 2010

Dear Luk Tung Kuen Group at Beresford Park in the City of San Mateo,

Thank you for demonstrating your Luk Tung Kuen (LTK) group exercise to the San Mateo County Health System on April 8th, 2010 as one of our featured events highlighting National Public Health Week.

Over thirty staff from our county health department enjoyed your demonstration – most of them participating and learning from your group members. The fifty people performing Luk Tung Kuen together transformed the county health department's front lawn into a place for exercise and social connection. Your explanations of the Luk Tung Kuen concept and each of the movements were excellent. Our staff really enjoyed their first experience with LTK – many plan to inform their patients and clients about LTK, and some even want to start an informal LTK group on the health campus.

We greatly appreciate your commitment to improving community health. Your daily Luk Tung Kuen exercise welcomes everyone and encourages your neighbors to become more physically active. Your enthusiasm to share your knowledge with others makes our county a healthier and better place to live. Please thank all your members who volunteered and let me know if I can assist you in any way in the future. Many thanks!

Sincerely,

Curtis Chan, MD, MPH
Assistant Health Officer, San Mateo County