



April 22, 2009

To Whom It May Concern:

This letter is to confirm that The Meditation Initiative is interested in being a part of the “Building Healthy Communities” project. We understand the proposal and are willing to support this effort in any way possible.

Our focus will be specifically on objectives 6 and 7 per the RFP as listed below:

- 6) Communities support healthy youth development
- 7) Neighborhood and school environments support improved health and healthy behaviors

The Meditation Initiative currently provides meditation outreach programs for youth at Crawford High School (CHAMPS) and has discussed setting up classes at Hoover High School. The Meditation Initiative mission is as follows:

“... provides free meditation classes, training and community service outreach for children, adults and seniors to help prevent stress and anxiety, improve focus and attention, and share tools for anger management while improving overall mental and emotional health and well-being.”

We have graduate students at SDSU willing to perform statistical analysis of the benefits of meditation. If chosen to be a part of this project, we will implement a research based analysis as part of our commitment.

The Meditation Initiative is available to participate in meetings for this program development, offering 1-2 staff members in-kind as necessary. We are limited on funding and resources at this time, but will be available as necessary to provide in-kind support.

Please do not hesitate to contact me with any additional questions!

Thank You,

Jeff Zlotnik

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