

To Whom It May Concern

Jennifer Chung, a Master Trainer was engaged by WINGS (Women's Initiative for Ageing Successfully), a non-profit organisation located at Bishan with effect from 7 Oct 2010 to conduct Tai Chi for Arthritis for the benefit of WINGS members. The members are made up of only women in their 40s and beyond who are either retirees, homemakers or working ladies.

WINGS decided to start the Tai Chi for Health programme for our members was based on the positive feedback from our board member who had attended the class at an external venue and a WINGS member who was Jennifer's former student at the community centre. Both commented that the programme was suitable for older people.

For the past 3 months, Jennifer taught Tai Chi for Arthritis to a small group of 12 ladies every Thursday morning (11.30am-12.30 noon). We received feedback that she was an extremely patient, cheerful and encouraging teacher. The ladies enjoyed attending her class.

WINGS would like to continue engaging Jennifer for more Tai Chi for Health classes for Year 2011.

Yours sincerely,



Cynthia Aw

Programme Manager

Date: 26 Nov 2010