



**DEPARTMENT OF THE ARMY
HEADQUARTERS, U.S. ARMY GARRISON FORT MONMOUTH
FORT MONMOUTH, NEW JERSEY 07703-5000**

IMNE-MON-MWR

10 February 2005

MEMORANDUM FOR RECORD

SUBJECT: HEALTH AND FITNESS SEMINARS

- 1. Dr. James Proodian of Natural Healthcare Center of West End has presented numerous lectures to the Fort Monmouth Community. His lectures have provided the community with a wealth of information, particularly the exercises and “food for thought” tips. His assessments and Postural Analysis screenings have assisted the Fort Monmouth Community in their quest for a healthier lifestyle.**
- 2. Mr. Gordon Gacek of Natural Healthcare Center of West End is the consummate professional in his role as Director of Community Relations. His organizational skills and attention to detail assisted in making the presentation first class.**
- 3. I would like to thank you for an informative, inspiring, and entertaining seminar. You’re professionalism and caring approach is deeply appreciated. The Sports and Fitness branch is looking forward to working with you in the future.**

Point of contact for this memorandum is the undersigned at 732-532-2848.

**MARK D. SMITH
Sports and Fitness, Director**

CERTIFICATE OF APPRECIATION

Presented to

DR. JAMES PROODIAN
NATURAL HEALTH CARE

The United States Army Fort Monmouth Garrison Installation Safety Office
would like to express our sincere appreciation for your presentation on

“Relieving Muscle Stress at the Workstation”

during the Quarterly Safety & Occupational Health Committee Meeting
at Russel Hall, Fort Monmouth, New Jersey.



Alfred R. Mangino
Chief, USAG Installation Safety Office



George Fitzmaier
Deputy To The Garrison Commander



15 March 2006

Date