



TO WHOM IT MAY CONCERN:

San Antonio Community Hospital

RE: Alex Paredes

I am pleased to commend Mr. Alex Paredes and his martial arts group for the very professional training session in self-defense offered to employees and friends of San Antonio Community Hospital on October 31, 1998.

Each individual on his staff was knowledgeable, helpful, and obviously as well schooled in the art of teaching as they were in their martial arts craft. Their demonstrations and teaching techniques generated enthusiasm and active participation from each attendee.

This was a very beneficial community educational event, and I wish to thank Mr. Paredes and San Antonio for offering it free of charge. I hope you will consider a similar collaboration in the future.

Sincerely,

A handwritten signature in cursive script that reads "Virginia Smith, RN".

Virginia Smith, R.N., BSN, CEN, MICN
Paramedic Liaison Nurse
Emergency Dept.