



**TAKE OFF POUNDS SENSIBLY**  
A NONPROFIT WEIGHT-LOSS SUPPORT GROUP FOUNDED IN 1948

August 4, 2021

Boris Cherniak  
Boris the Incredible  
81 Binscarth Crescent  
Thornhill, Ontario  
Canada L4J4S7

Dear Boris:

I can't begin to find the words that go far enough to tell you what an amazing job you did educating and entertaining our TOPS (Take Off Pounds Sensibly) members during our International Recognition Days on July 24, 2021.

There were so many wonderful things to point out that I won't mention them for fear of diminishing all the special things you presented.

More than one member said your presentation on stress management and relaxation relaxed them so well that they had to concentrate on not falling asleep for the remainder of the session. They raved about your presentation.

Switching from an on-site event to a virtual event was challenging but your wonderful attitude and extraordinary skills helped make it a pleasure.

We can see why you are called "Boris, The Incredible"! You are awesome. We would engage your services again, without a doubt. Thank you so much. Hopefully, we will have an opportunity to meet sometime soon.

Sincerely,

*Judy*

Judith Pettit  
TOPS IRD 2020-2021 Event Director