

IN THEIR OWN WORDS

TINA BARR

I will be leaving Sunday, and instead of filling out the regular evaluation form, I wanted to share a bit more, since I've had such a long and wonderful 5-week stay.

Hilton Head Health has changed my life. When I arrived, I had high blood levels for pre-diabetes and heart disease. The middle fingers of my left hand were curling up involuntarily; my nervous system was shot. I was having short term memory problems due to stress. I was in an emotionally vulnerable state and 30 pounds overweight. I know that not only have I lost weight, I feel like a new human being. I feel far physically stronger, and I am back in balance. H³ doesn't just allow us to educate ourselves about exercise health, nutrition, and weight loss, but it allows us a space in which to reassess our lives, our priorities and our core values. I have met extraordinary people here, not only among the staff, the instructors, lecturers, and administrators, but among my fellow participants, many of whom have been willing to share their own reasons for being here, and their deepest visions for better lives. H³ is an extraordinary community, and one I will miss. I am rarely surrounded by such love and kindness, not to mention the amazingly delicious food. It's a 1200 calorie deal! And worth every penny of my investment in my own health and well-being.

Thank you, thank you Hilton Head. I would never dream of going anywhere else!

