

April 23, 2008

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#### Programs

Comprehensive programs  
and advocacy statewide to  
assist and empower  
Coloradans affected by MS

#### Research

Ensuring that the best and  
most promising research is  
funded

#### Events

To support Programs and  
Research

walk MS®  
May 3, 10, 17, 24, 2008

bike MS®  
June 28 – 29, 2008

Women Against  
MS™ Luncheon  
September, 2008

Dinner of  
Champions®  
April 5, 2008

To whom it may concern,

I would like to share my experience with you with regards to a presentation made by Dr. Brad Nieder. Brad performed for a program benefiting the clients and their family and friends of the National Multiple Sclerosis Society, Colorado Chapter on April 11, 2008.

I personally found the program to be highly entertaining as well as pertinent to our particular client base, mainly in the context of social and wellness needs, but also in the factual information provided by Brad about the health benefits and statistics surrounding laughter.

Brad's performance was light hearted, very funny and endearing, and he was considerate in gathering more personal information about the group needs to create a supportive and understanding environment especially around the topic of health care systems. Since our clients often encounter difficulties on a regular basis with these systems due to their increased need for care, it was terrific to see them be able to relax and laugh about topics that often cause frustration and anxiety which can make their MS symptoms worsen. Modeling laughter and a sense of humor as an optional response is in my opinion, a great wellness tool for all.

I have received several e-mails and calls from clients expressing their gratitude for having this program with Brad. Our turn out was doubled compared to most programs I have provided in the past for this region. I highly recommend Dr. Brad Nieder to any groups that are looking to add some spark, education and fun to their organizational events and programs.

Sincerely,

**Jill Van Dinter, LCSW**  
Regional Program Manager

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