



Official Health Insurance  
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Anthem Blue Cross and Blue Shield of Connecticut  
370 Bassett Road  
North Haven, Connecticut 06473-4201  
203-239-4911



November 3, 1998

Judy Carter, President for Life  
Comedy Workshop Productions

Dear Judy:

On behalf of Anthem Blue Cross and Blue Shield of Connecticut, Thank you, Thank you,  
Thank you!

Your presentation at our seminar *Women and Stress: How To Juggle It All* was a huge success and very dynamic. The feedback received from over two hundred people in attendance was overwhelmingly positive. Your ability to utilize humor and incorporate it into every day stressful situations was motivating, and reminded us that humor can be extremely healing. I especially appreciated the way you personalized your comedy to the audience, and the way you tied in our company as well as other components of the program in your talk. You also offered some great humor techniques for dealing with stressful situations.

It was a pleasure to meet you and I will certainly share this information with my health care colleagues and with other managed care organizations. Your talk was hilarious, uplifting and empowering and would be valuable in any type of business.

Sincerely,

Mary Lynne Riley  
Program Manager

*Our plan is to keep you healthy.<sup>SM</sup>*

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