


To whom it may concern:

Wanda Williams was a guest lecturer in my Introduction to Health Sciences classes in the spring and fall of 2016. This course covers a variety of health topics ranging from stress and health to social influences on health. Wanda presented her research on adolescent girls, physical activity, and health to my students. This lecture helped them understand how research could be used to inform program development aimed at improving the health of individuals. Both of her lectures were well-received, with students being actively engaged during the presentation and providing positive feedback immediately after. I am happy to have had Wanda present in my courses and believe that she made a valuable contribution.

Please feel free to contact me if you have any further questions.

Sincerely,



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