

PARTNERING FOR CORPORATE WELLNESS SUCCESS

*"Quality, convenience and experience make all of the difference," says
Shawna Dosser, President of BWI Health Promotions.*

Corporate Testimonials:

Praxair, Inc.

"BWI is a creative, energetic, and proven resource for busy companies that value employee health and wellness. The programs are consistently well researched by their experienced presenters and the staff is knowledgeable and reliable. BWI is respected and admired throughout the WNY community for their skills in aligning program content to match corporate goals. I highly recommend BWI's credible network of offerings!!"

~ Linda Morgan, RN, Wellness Coordinator for Praxair, Inc.

Mount Saint Mary's Hospital

"BWI has significantly helped attract the attention of the associates at Mount St. Mary's Healthcare facility. Their professional and positive energy has encourage participation from our healthcare workers in health education classes, fitness assessments and onsite exercise classes. As a Director responsible for the Health and Wellness for 1250 associates, I needed the extra help to organize, promote and conduct my wellness programs and BWI consistently comes through. Shawna Dosser, President and owner of BWI has a "whatever it takes to make it work" attitude that really fits my needs. BWI works closely with the HMO's which allows me to offer more as a compliment to my wellness budget. I couldn't be happier with my choice to partner with BWI."

~ Angela Callahan RN, MSN, Director of Employee Health Services, Mount St. Mary's Hospital

Curbell, Inc.

"I wanted to send a short message to you about the Lunch & Learns that were given by BWI. The sessions were very educational and the instructors were great to learn from and listen to. The sessions were always on time and content was pertaining to the topic. Shawna was a pleasure to work with and look forward to future sessions and programs with her company."

~ Debra Filbey, Human Resource Assistant, Curbell, Inc.

Cameron Compression Systems

"The 2007 Healthy Lunch and Learn Series at Cameron was a great success thanks to the great staff at BWI Promotions. The lunch programs were informative, interactive and received well by all employees. We were able to tailor the programs offer by BWI to meet the needs of the employees at Cameron. The speakers were both professional and knowledgeable, and I plan to continue offering programs throughout 2008."

~ Renee Terreri, Senior Manager, Human Resources, Cameron Compression Systems

Jiffy-tite Company, Inc.

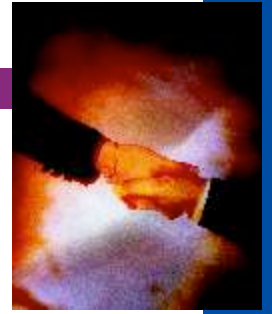
"We have worked with BWI to offer many on-site wellness & exercise programs at our facility. The BWI staff is extremely knowledgeable and fun to work with. They offer many great programs and can adapt them to fit your schedule."

~ Tracy Mault, Human Resource Generalist, Jiffy-tite Company, Inc.

Women & Children's Hospital

"Thank you so much for bringing BWI's Women in Motion program to the Women and Children's Hospital of Buffalo. Having the opportunity to work with your staff through the planning and registration process was easy. They were all professional and helpful. The feedback from the staff that attended has been off of the charts. They want another one. This needs to be an annual Girl's Event. Again, thank you for teaching us all so much and making it fun."

~ Lucy Smith, Women & Children's Hospital of Buffalo



PARTNERSHIPS IN BUSINESS

Business References:

UB School of Management

“Shawna Dossler has been involved with the Center for Entrepreneurial Leadership at the University at Buffalo for approximately two years. As a student in our Minority and Women Emerging Entrepreneurs Program and now in our flagship Core Program, I have had the opportunity to watch not only BWI grow but also Shawna as a business owner and leader. Her abilities combined with her energy are amazing and her company’s growth reflects both.

Within the two years that I have been acquainted with BWI, I have had the good fortune to have the opportunity to learn about her business and all it offers and am quite impressed with the degree of knowledge, experience and professionalism that she and her team bring to the community. I have referred her organization several times at this writing and would not hesitate to do so again.”

~ Althea E. Luehrsen, Executive Director, Center for Entrepreneurial Leadership

The Wellness Institute

“We have worked with BWI since its founding and they have consistently delivered **quality worksite health promotion programs** to employers in our community. A clear value-added benefit BWI offers their clients is their experience in planning a pre-program promotion process that builds attendance at a client’s health promotion activities.”

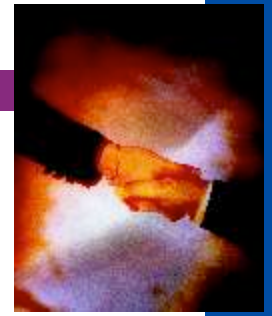
~ Phil Haberstro Executive Director, The Wellness Institute
President, NAHF, National Association for Health and Fitness

Steps to a HealthierNY

“As worksite wellness technical assistant for the New York State Healthy Heart and Steps to a HealthierNY programs in Chautauqua County, I want to thank BWI and you, personally, for the top-quality services you have brought to our worksites.

This rural county lacks certified fitness and wellness professionals, so we really appreciate the fact that your company has been able to meet this need by bringing highly knowledgeable and inspiring staff to our area. My worksites have been very impressed with the programs and services, such as the fitness assessments, that you have provided over the past couple of years. ~ You make it easy for the worksites and motivating for the employees, and I continue to recommend BWI as we engage more worksites in wellness programs!”

~ Best Regards, Lisa Schmidtfrerick, Steps to a HealthierNY



PARTNERING FOR SCHOOL WELLNESS SUCCESS

School Testimonials:

Lockport School District

"We had BWI as part of our all school play day last June. What a wonderful program! Our students and teachers are still talking about it. The K-2nd graders had a blast doing yoga and the 3-5th graders enjoyed learning about nutrition in their sessions. The Health & Wellness Quiz Game Show was a fun and interactive way to tie it all together and finish the day. Shawna and her staff were professional, friendly, and very easy to work with. I look forward to a continued relationship with BWI into the future."

~ Stan Wilson, Physical Education, Anna Merritt School

Pioneer Central School District

"We can always count on BWI to bring relevant wellness programs to our staff. Their presentations are not only pertinent to those who teach health and physical education courses, but offer everyone strategies that help them become more productive in their profession."

~ Patricia Hoffman, MEd, Transition Coordinator and Curriculum Support Person

Seneca Nation of Indians

"The Seneca Nation Cattaraugus Recreation department has chosen to utilize the BWI Promotions wellness programs for our children and adults as all exercise classes and health information are very rewarding, challenging and fun! The "Be Fit Kids" program has been very successful incorporated into our annual six week summer program in addition to the Health & Wellness Quiz Show. Shawna and her staff have an excellent rapport with all our participants and are truly here to improve and promote healthy lifestyles. Thank you for the great working relationship we have established!"

~ L. Eagle John, SNI Catt. Recreation Director

Iroquois Intermediate School

"Last year we invited the Be Fit Kids Program to our school as part of our Wellness Week. The comprehensive, well organized program was a huge success. The BWI Promotions staff people made learning to be fit a fun experience for our students. The students especially loved trying new healthy snacks!"

~ Mary O'Brien, R.N., Iroquois Intermediate School

Orchard Park Middle School

"BWI has been a great resource for our teachers. Many of us have jam-packed days and after school commitments that create a tight schedule. BWI accommodated us by providing an on-site exercise program that was tailored to our schedule and needs. We all felt that the instructors didn't just do the exercises but helped us to follow along at our own individual comfort levels. Shawna and Julie were great and challenged and inspired us to do our best."

~ Barbara Battiste, 6th Grade Teacher, Orchard Park Middle School

Gowanda Central School District

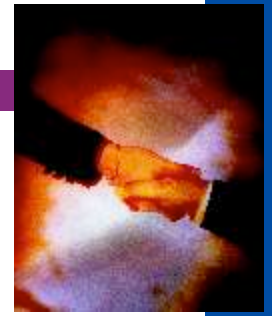
"It is my pleasure to work with the BWI staff as they provide onsite exercise sessions for our faculty and staff. The BWI staff is most accommodating, knowledgeable and extremely helpful. My staff looks forward to our sessions."

~ Janice Stokes, Principal, Aldrich Elementary School, Gowanda Central School District

Eden Central School District

"The programs that BWI offers have been well received at all levels from our faculty, staff and students. BWI has proved to be an excellent resource for uplifting staff development programs, school assemblies, before school fitness programs and much more. Participants have expressed positive feedback in association with BWI's programs. In addition, Shawna, the president of BWI, has contributed through volunteering and donations to the school via community projects and the Shared Decision Making Team. We value her enthusiasm and dedication to helping the Eden schools."

~ Debbie Biastre, SDA, Curriculum Director, Eden Central School District



PARTNERING FOR CORPORATE WELLNESS SUCCESS

"Battle" & Team-Building Testimonials:

Summit Educational Resources

"We have used BWI Promotions for team building activities and wellness and fitness programs. Shawna and her team are always enthusiastic, organized, professional and deliver a fantastic program! Shawna is like the Energizer bunny and her energy and enthusiasm are catching! Even on short notice they organized a team building event for our staff that went off without a hitch. Our staff loved it!"

~ Lisa Priebe, Training Administrator, Summit Educational Resources

Harlequin Distribution Center

"I wish to commend Shawna and her staff. Our company has had only exceptional service from BWI. I was very fortunate to have the opportunity to meet Shawna about 7 or 8 years ago through the Battle of Businesses. Her energy was contagious and the event Shawna and her team put together was the greatest team building experience our associates were ever exposed to. They still talk about it and ask when it is going to take place again!"

Lately, BWI was on site twice for Fitness Assessments and the knowledge and experience Shawna's team brought to our company was unbelievable and we received only positive feedback from our associates and compliments of the professionalism and knowledge of the group. Thanks again Shawna for all your support helping us achieve our goals of a healthier organization. All the best."

~ Nicole Roth, Sr. H.R. Representative, Harlequin Distribution Center

A "Battle" Participant's Perspective...

"I look forward to the Battle every year. It does so many good things --- gets people thinking young, gets those competitive juices flowing in a friendly way, gets people excited about representing their company, teaches people about commitment and supporting a team and working together. I switched jobs several years ago and even though my new company doesn't participate, I continue to volunteer as an individual because I'm ADDICTED to the fun and excitement and energy that the Battle brings. Whenever I pull my car onto the Buffalo State campus, a rush of great Battle memories always brings a smile to my face."

~ Bob Mazierski, West Seneca NY
p.s. ...and I'm not just making this up!!!!!!

A "Battle" Captain's Perspective...

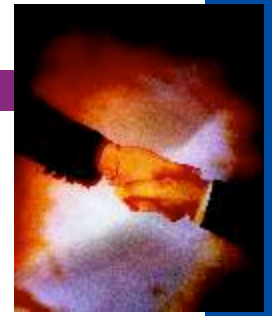
"Where else can you see a purchasing assistant push around a Vice-President, a human resources manager demonstrate his job candidate selection process, and a public affairs manager lobby for a "Casual Friday's" policy? ~The Battle of the Businesses is a great opportunity for co-workers to learn more about the fun people they share an employer with, from the boardroom to the mail room, without the restraints of workplace decorum and protocol. A guaranteed good-time for employees and their families."

~ Bob Higgins, AAA Western and Central New York

A "Battle" Team's Perspective...

"The Battle of the Businesses provided us as a company the opportunity to get together outside of our normal environment and work together as a team on a fun level. While promoting teamwork, it also served as a way to relieve our stress from the every day business world. It gave us the chance to get to know each other on a personal level, and to represent our company in a positive light to all of the other competing companies. Everybody had a great time, the competition was secondary to just getting together and doing something fun as a company. I will compete in this event whenever the opportunity arises again."

~ Todd, BlueCross BlueShield of Western New York



PARTNERING FOR COMMUNITY WELLNESS SUCCESS

BWI's Family Wellness Testimonials:

"I feel better! I lost 13 lbs! I'm more motivated! I have obliques! WOW!" ~ Sue

"Exercise classes at BWI have increased my joint strength and flexibility. And it's fun!" ~ Ginny

"I have lower back pain and it has been gone since I joined BWI." ~ Rosie

"Classes and weight watchers since Nov 2005, have lost 13 lbs. And have gone from a size 16 (almost 18) to size 12! I have better endurance and am able to survive volleyball!" ~ Nancy

"BWI is the place to go for fitness if you're intimidated by big gyms and impersonal people. Everyone here is very friendly and helpful. Not only do I get a great workout, but I have fun at the same time. I can't believe I enjoy exercising so much!" ~ Barb

"I participated in the Cardio Jump Start and the Ball & Band classes, four days a week. In 8 weeks I lost 10 lbs. and 17-1/2 inches off my body. I love the results, thanks to the trainers at BWI!" ~ Durea

"I took a few of your courses and enjoyed them so much. I was in the Seniors group, but due to insurance and my diabetes, I felt that I would be better to try and walk (which I did not do). I would recommend Shawna to anyone and everyone. Exercise does make you feel good about yourself, plus she will work with you."
~ Mary Lou

"I have enjoyed coming to BWI. I have lost weight and met lots of great people. I look forward each Tuesday and Thursday for exercise and great new friends. Helped put a fun outlook on life!" ~ Anonymous

"I religiously take Kelly's class and she should get credit." ~ Anonymous

"I am glad I had a chance to exercise at BWI in Eden with the SENIORS. This class help me to be more flexible in my daily jobs. Also, taking in YOGA workouts at Lake Shores. I will follow you where you do exercise because you inspire me to do my exercise better each time. Thank-You." ~ Rosemary Clark