

Since taking classes with Homer I feel like I have made noticeable improvements in my balance and in the reduction of pain from the neuropathy in my feet. The neurologist has reduced the amount of medication I have been taking and observed that I now have sensitivity in areas which there was none a few months ago. I no longer have the burning pains associated with the diagnosis. I shall continue attending Homer's classes and have encouraged others to do the same.

Thank you Homer for all your help and advise.

Eva Lamm-Ruben