

# Letter: PT group helps at Bread & Broth

To the community,

Helping to feed those in need, Mind Body Physical Therapy hosted Bread & Broth's Monday meal on Feb. 16. It's really wonderful that these folks not only help others feel better in their work lives, but also donate their personal time and funds to provide healthy meals and compassion to food insecure members of the South Tahoe community.

Mind Body Physical Therapy owner Christina Frohlich shared her thoughts about hosting her second Adopt a Day of Nourishment in the past two years. "B&B runs a tight ship! Very clean and organized. The food was fantastic, especially the cauliflower! Lovely staff, very friendly and caring."

Joining Frohlich were her fellow Mind Body teammates Jessica Jones and Kiley Lathrop. These three ladies were a big help in assisting the B&B volunteers with packing food giveaway bags, serving and cleanup.

B&B always enjoys having return Adopt A Day sponsors because we know how much they enjoy the experience of selflessly giving to others and personally experiencing how their providing a wonderful dinner and food to take home impacts those in need. B&B would like to thank Mind Body Physical Therapy and the three wonderful crew members for their thoughtful and sincere efforts to improve the lives of other.

**Carol Gerard, Bread & Broth**