

Request for Feedback July21, 2020

Hi Everybody,

Unbelievably, we are halfway through our `10 week program, at a time and place to give feedback on how you would prefer the EAt to Thrive program to be run. Only 8 people attended the food presentation for the last few weeks.

Please give me feedback on the following: by underlining your choice

1. Regarding the food presentation, highlight your preference

One hour half hour fifteen minutes none

Other _____

2. Would you prefer to have class members give food presentations?

Yes no

Other _____

3. Following the lecture and Q & A , the technical assistant (ta) will assign 4 to 6 people to each break-out rooms for discussion. A chosen leader will facilitate the week's topic, which is related to the lecture. The ta will return everybody to the main room to share. We will follow this procedure this week on July 23rd. So return your feedback on Friday July 24th. The third question is regarding the length of time in the breakout room.

Half hour fifteen minutes none

Other _____

4. Regarding the length of the lecture without Q & A

Hour half hour fifteen minutes none

Other _____

5. Regarding Q & A after lecture

Half Hour 15 minutes 10 minutes none

Other _____

6. Would you prefer not to have a person lead the centering/meditation at the beginning of class?

Yes

No

7. Please write and provide other suggestions below and return your feedback by July 24th.