



# EnVizion Wellness

Your Wellness Concierge

Crystal Dodson  
CEO of EnVizion Wellness, Inc.  
Your Wellness Concierge  
[www.envizionwellness.com](http://www.envizionwellness.com)  
IG: @envizion\_wellness  
FB: envizionwellness  
P: 908-368-1806

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To Whom it May Concern,

My name is Crystal Dodson. I am the owner and CEO of EnVizion Wellness, Inc., a wellness concierge company. I am a wellness consultant, yoga instructor and a group fitness instructor of a variety of classes. It is in the capacity of an instructor that I write on behalf of Lisa Charles' application to teach a course for the Osher Lifelong Learning Institute at Rutgers.

One of the best instructors I've had the pleasure of working with is Lisa Charles. She is nurturing, intuitive, knowledgeable, engaging and a dependable source when it comes to the needs of her students. She has a knack for developing programming and events that people need and never realized that they needed. She is a truly valued member of the health and fitness community. Not only is she a wonderful instructor, she is also a connector of people.

I have had the pleasure of working with her on a number of projects. One such project Lisa produced was under a RWJ Newark Beth Israel grant. She led a group exercise study class for potential instructors in Newark, NJ to take exercise classes back into their churches and had me come in as a fitness program presenter. Many of her students successfully completed their certifications because of this program and have gone on to be amazing instructors.

Lisa has recently developed a program for brain health. Born from extensive research this program takes the physical aspects of caring for your body through exercise and proper nutrition and combined it with the neuroplasticity and cognitive function work that many of us need. She created this Brain Fit program to connect the dots of a healthy body helping to cultivate a healthy mind.

Lisa is an innovator. She is able to create programming that best matches the environment in which for students and the general population to learn. On several occasions she created and participated in church health and wellness events that brought fitness, nutrition (such as a mobile hydroponic bus with healthy recipes from its garden), and health information on various topics to the population that most needed the information. Many times in our



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industry we encourage people to come to us for training or coaching. But Lisa goes above and beyond for her community to bring these important elements to the people.

She creates mini experiences that provide solutions for the community to be active in their own health. She participated in Newark's Lincoln Park festival in which various vendors came together to provide health and wellness information to the public. But Lisa's station was not just information, or just visual. It was tactile, hands on. It allowed the community to experience the ease of physical activity on their terms. Not able to stand? Sit and exercise with resistance bands is Lisa's model. She shows the public and matches them on their terms of how to stay healthy and fit no matter their experience, age, fitness level or health background.

Lisa thrives on the term "No Excuses". She shows up so that others can live their best lives. They don't have to guess what their success will be. Lisa shows them all their possibilities. She will be an incredible instructor and asset to the Osher Lifelong Learning Institute at Rutgers. She has a love and passion for teaching others how to be their best selves. And it is with this passion that she develops and will continue to develop programs for others to successful.

If you have any questions or would like to connect, please feel free to reach out to me.

In health,

*Crystal Dodson*

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