

Brenda Gard

100 Broadway Lane
New Parkland, CA, 91010

September 1, 2014

Hanson Reginald
Manager, Post Upton Corporation
100 Broadway Lane

Dear Mr. Reginald,

This letter is to inform you that I will be resigning my position from Post Upton Corporation immediately due to stress. Over the past several months, I have felt my health decline rapidly and I finally sought out a medical opinion. After a battery of tests, my doctor has determined that my stress is significant enough that I must be pulled out of work and allowed to rest.

I am very saddened by this as I enjoyed my job, the people I worked with and the company I worked for. You and the management staff had made my tasks enjoyable, for the most part. Please understand that this is a general sort of stress that is not attributed specifically to my job. For the company's education and files, I have included a copy of a note from my doctor regarding my condition.

If you need my input on certain daily tasks, please feel free to call me at home. But I would ask that you limit the calls to allow me to rest. You can reach me at 555-322-3422 or email me at bgard@email.com. Please pass along my best wishes and thoughts to everyone at the company.

Sincerely Yours,

Brenda Gard