

From: Michael Sandler

Sent: Sunday, October 5, 2025 10:37 AM

To: Claire Ricker

Subject: Activate SBP

Dear Ms. Ricker and the Arlington Redevelopment Board,

My name is Michael Sandler and I am a client of Activate SBP. I am a 21-year resident of Arlington and have taught History and Psychology at Arlington High School since 2008.

I reached out to Darcy Gould at the start of 2025 because, even after 20 sessions of physical therapy and countless hours of at-home exercise, my neck pain still had not gone away. I am very happy to report that after six months of twice-a-week sessions, I am now neck pain-free and stronger than I have been in years.

Activate SBP is not a gym or a personal trainer studio. I have had gym memberships and frequented personal trainers in the past; Activate SBP is different. What Darcy and Gretchen do is targeted, medical work based on their deep knowledge of healing.

I am grateful that there are window coverings, and wish they extended to the lowest portion of the windows. I often have to contort, grunt, and sweat while I'm working with Darcy, and do not wish to have an audience, especially one composed of my students or folks waiting for the bus.

In Activate SBP, you have the kind of business that Arlington should be happy to promote: women-owned, charitable, and doing honest, science-based practice. I encourage you to permit them to shield their clients from curious eyes and promote their business with a sign.

Thank you,

Michael Sandler
18 Peirce St.