

**To:** [REDACTED]; jeffrey E.[jeevacation@gmail.com]  
**Cc:** Lyn fontanilla[REDACTED]  
**From:** Lesley Groff  
**Sent:** Thur 6/18/2015 9:16:11 AM  
**Subject:** Reminder You must FAST for 10 hours before 7am blood work tomorrow

**Reminder: You must FAST for 10 for hours blood work to be done tomorrow at 7am tomorrow (so from 9pm on tonight- no food!)**