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The Oliver Group, Inc.

Contact: Elizabeth Oliver-Farrow
Elizabeth@TheOliverGroupInc.com
Direct: 202.494.1977

THE TOWER COMPANIES PLEDGES SUPPORT FOR JUNE'S NATIONAL EMPLOYEE WELLNESS MONTH

Joins Leading U.S. Organizations in Promoting Value of an Engaged and Healthy Workforce

ROCKVILLE, MD (June 3, 2013) –[THE TOWER COMPANIES](#) today announced it has pledged support for, and will participate in, the fifth annual [National Employee Wellness Month](#). This month-long initiative helps business leaders learn from best practices of how to successfully engage employees in healthy lifestyles.

More than 175 companies across the United States and more than 70,000 of their employees have pledged their support to this important workplace wellness initiative. National Employee Wellness Month is sponsored by [Virgin HealthMiles](#), in partnership with the [Strategies to Overcome and Prevent \(STOP\) Obesity Alliance](#), the [Partnership to Fight Chronic Disease](#) and [WorldatWork](#).

A healthy, engaged workforce is critical for business success. Now more than ever employers must find effective strategies to improve employee health and productivity, and create healthy cultures which help to attract and retain the best employees. National Employee Wellness Month highlights the powerful role the workplace can play in helping employees make healthy lifestyle changes. Forward-looking organizations understand that promoting engaged and healthy employees can significantly improve productivity and reduce healthcare costs.

THE TOWER COMPANIES is participating in National Employee Wellness Month alongside other leading U.S. organizations. The company has long been focused on employee health and wellness for many years providing USGBC LEED Platinum certified offices and fully equipped fitness environments. During the month, companies like TOWER will actively promote prevention and good health throughout its organization, and help its employees understand impact and importance of healthy lifestyles. The company launched the TREE program, which stands for Transcend, Renew, Exercise and Energize creating a calendar of monthly health and wellness activities such as Group Walk and Stair Climb, Circuit Training with a trainer, Pilates and Zumba classes.

“Tower has offered Transcendental Meditation as an adjunct to our health care benefits for 20 years. It is the only meditation technique The American Heart Association says reduces heart disease. Though we recently launched our TREE program, we can already see the benefits for employees who are participating in group Pilates classes, daily walking teams/challenges and utilizing our state-of-the art fitness center,” said [Gina Beckmann](#), Director of Wellness for The Tower Companies. “This is in addition to other incentives for a healthy workplace environment, including providing employees with a meditation room,” she continued. Beginning July 1, 2013, The Tower Companies will partner with Virgin, through Wellness Connectors, to offer the Virgin HealthMiles program to all employees.

ABOUT THE TOWER COMPANIES

The Tower Companies is an award winning, family-owned real estate development company, founded by Albert Abramson in 1947 and located in Rockville, MD. Tower is a U.S. Environmental Protection Agency [ENERGY STAR](#) and [Green Power Leader](#) and has developed over 4.5 million square feet office buildings, office parks, 1,500 apartments, regional malls, residential communities, lifestyle centers, and hotels within the DC area. 90% of their portfolio is LEED certified and Tower offsets 100% of their emissions by purchasing renewable energy and carbon credits.

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