



FOR IMMEDIATE RELEASE

**THE TOWER COMPANIES RECEIVES 2015 HEALTHIEST COMPANY AWARD**

*Washington SmartCEO honored The Tower Companies as one of the area's Healthiest Companies at an event with nearly 200 other CEOs and decision makers on Sept. 1, 2015*

**Washington, D.C. (September 18, 2015)** – Washington SmartCEO presented Jeffrey Abramson of The Tower Companies (Tower) with the 2015 Healthiest Company Award in the 50-149 employee category at a special event on September 1, 2015. Tower was selected as an award winner for having an engaging and effective health and wellbeing program for all employees.

The Tower Companies developed their Transcend, Rejuvenate, Exercise, and Energize (TREE) program to make available the educational, physical and emotional resources that enable individuals to take personal steps towards optimal health and wellbeing in the workplace and at home. The voluntary employee program includes a partnership with Virgin Pulse, a technology platform that builds good lifestyle habits through personalization, tracking, positive feedback, education, group challenges and rewards. Among the 80% of employees that actively participate, 86% of participants have ideal blood pressure and none are in the hypertension category.

The company also organizes frequent educational seminars and trainings with local resources and trained professionals to help employees learn more about how to make healthy nutrition and exercise part of their daily routine. In addition, employees have another voluntary health benefit – free training in Transcendental Meditation (TM). Over 50% of employees have taken advantage of this unique opportunity and everyone has access to a quiet room for meditation and state of the art fitness centers to make a healthy lifestyle present and convenient.

“We are committed to providing healthy and productive workplace environment in which employees feel satisfied, effective, creative, and collaborative” said Jeffrey Abramson, Partner of The Tower Companies. He added, “our employees' are our most important asset and I'd like to dedicate this award to each and every one of them who take the time to engage and contribute to their health and well-being and the success of the company. “

**\*\*Photos from the event are below\*\***

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### **About The Tower Companies**

For three generations, the family-owned Tower Companies has maintained a commitment to responsible development and envisions a world where buildings inspire and enrich the lives of their occupants, and create positive social change. The green building leader owns, develops, and manages over 5 million SF in the Washington, D.C. metro area consisting of office buildings, office parks, lifestyle centers, regional malls, and eco-progressive urban communities with over 8,000,000 SF in development. To align with their vision, Tower has transcended classic sustainability efforts by investing in unique health and wellness programs for employees to ensure healthy and productive workplace environments.

### **About Washington SmartCEO's Healthiest Company Award**

SmartCEO's mission is to educate and inspire the business community through its award winning magazine, connections at C-level events and access to valuable online resources. The Healthiest Company Awards program honors companies that have demonstrated a commitment to their employee populations through health and wellness programs. An independent committee of local business leaders selected finalists and winners based on engagement, effectiveness and ROI. To learn more about the awards program, visit their website at <http://www.smartceo.com/washington-healthiest-company-awards/>.



*Photo 1: Jeffrey Abramson, Partner of The Tower Companies, receiving Healthiest Company Award*



*Photo 2: Jeffrey Abramson with Eugenia Gregorio, Director of Corporate Responsibility and Gina Williams, Director of Wellness*