



SOUTHWEST COLLEGE OF NATUROPATHIC MEDICINE & HEALTH SCIENCES

March 23, 2018

Dear Healthy Arizona Worksite Committee:

It is my pleasure to write this letter of support for the Southwest College of Naturopathic Medicine's Healthy by Nature (HbN) wellness program's pursuit of achieving the Gold Level Healthy Arizona Worksite Award.

The HbN committee encourages a healthier place to work since its inception, in 2015. In February, the HbN committee launched the Wellness Olympics supporting movement, mindfulness, healthy diet, stress reduction, and community service. In addition, over the past several months, SCNM purchased and installed twelve adjustable desks at workstations encouraging movement for those whose daily tasks are mostly sedentary during the workday.

SCNM's leadership will continue to advocate for, and support the HbN program and the wellness committee in their commitment and dedication to our team by:

- Leading by example: Actively participating in programming offered by the committee.
- Cultivating Wellness: Encouraging employees to participate in activities set by the committee
- Supporting: Cheering on those striving to reach goals in the wellness program and encouraging others who need support. Allowing team members time away from the workstation during the workday to participate in wellness programming.
- Communication: Discussing wellness initiatives in team meetings, inviting wellness committee members to speak about current programming in department meetings
- Collaboration: Contribute to the development of ideas, programming, and relationship building between the SCNM medical center, pain relief center and medicinary, in addition to other outside organizations which support the success of this program.

As President & CEO, I am personally dedicated to a workforce environment that supports healthy workplace choices at our institution. During the design phase of our LEED Platinum Community Commons I lobbied for construction of a worksite fitness facility and yoga/tai chi studio. I am happy to say that both spaces are used on a daily basis by members of the SCNM Community.

SCNM would be honored to receive such an award and it would be a great step moving forward for the continued health and wellness of our team members and community.

Sincerely,

A handwritten signature in black ink that reads 'Paul Mittman'.

Paul Mittman, ND, EdD
President & CEO