



October 23, 2013

Atlantic Health System had the distinct pleasure of hosting Dr. Michelle May in New Jersey on October 3 and 4, 2013. At Atlantic Health System, we believe in supporting healthy communities and providing the information, resources, and care that empower people to take charge of their health. Dr. May's visit was a perfect fit to promote this vision. The mindfulness message that Dr. May so effectively conveys inspires people to make healthier choices that promote balance and freedom in their lives. We were highly anticipating her visit, and we were beyond pleased with the outcome.

Dr. May was invited to do two speaking engagements during her visit, to provide her mindfulness message to the community as well as promote the launch of the Am I Hungry?® Mindful Eating Program for Atlantic Health System employees. The over 140 people in attendance at each of the keynotes were captivated by her engaging style and simple yet powerful message. Feedback from both events was overwhelmingly positive.

Dr. May also presented at a special mindful eating breakfast, where we brainstormed how Atlantic Health System can support employees to make more mindful choices. Dr. May provided insightful guidance, and was sincerely interested in helping us create a more mindful culture.

Her visit created the ripple effect that we hoped it would. Atlantic Health System is offering the 8-week Am I Hungry?® Mindful Eating workshops at our four main sites, and employees are excited to be able to be able to participate in this much-needed and well-received program. The mindful eating message resonates with people, and provides a refreshing, positive, empowering approach that fits all lifestyles. We have received numerous emails from employees, thanking us for inviting Dr. May to Atlantic Health System, and for the opportunity to attend the workshop series. We plan to offer the Am I Hungry?® workshops to employees on an ongoing basis, and we look forward to integrating the mindfulness approach into the culture here at AHS.

Dr. May demonstrated professionalism and sincere interest in the effectiveness of her work every step along the way, from the initial planning to the follow up. Both she and her Project Manager, Sara Sun, were pleasant and easy to work with. We are sincerely grateful for her positive energy and enthusiasm, and are thrilled to continue to partner with Dr. May and the Am I Hungry?® program.

-The Employee Wellness and Community Health Teams of Atlantic Health System, New Jersey