



Press Release

AdvancingWellness CEO Mari Ryan appointed to Health Promotion Advocates Board

Watertown, MA – June 30, 2009 – AdvancingWellness announced today that CEO Mari Ryan, MBA, MHP, CWWPC has been appointed to the Board of Directors of Health Promotion Advocates, a not-for-profit advocacy organization. Ms. Ryan has served as the Interim Chair, Grassroots Advocacy since March of 2009. "Mari has been instrumental in leading more than 1,000 grassroots advocates during a critical time of health care reform legislation development." said Michael O'Donnell, MBA, MHP, PhD, Chairman of the Board of Health Promotion Advocates.

Health Promotion Advocates is a group of committed health promotion professionals who are working to integrate health promotion concepts into national health policy. The vision of Health Promotion Advocates is to promote healthy lifestyles among all Americans and thereby reduce medical costs and utilization, improve quality of life, and enhance productivity.

Ms. Ryan is CEO and Founder of AdvancingWellness, a worksite health promotion company based in Watertown, MA. Mari holds a Bachelor Degree from Lesley University, an MBA from Boston University, and a Masters in Health Promotion from Nebraska Methodist College. She is a certified Worksite Wellness Program Consultant and is a certified facilitator for numerous healthy lifestyle programs.

About AdvancingWellness

AdvancingWellness provides worksite wellness programs. Based in the Boston, Massachusetts area, AdvancingWellness offers services that create comprehensive worksite wellness programs that include education and awareness, behavior change programs and creating a supportive work environment. Clients of AdvancingWellness include the Commonwealth of Massachusetts Department of Public Health, Boston Public Health Commission and numerous small and medium size companies. Additional information is available at the AdvancingWellness website at www.advwellness.com.

-- # --