

Selected Comments From Global Companies

PPG Industries

*As the Medical Director for PPG Industries globally, I would like to take this opportunity to provide a recommendation for Dr Will Clower and Mediterranean Wellness. Our work with them **has produced engagement and enthusiasm across the company, at a level we have not witnessed before.***

*Site wellness leaders have commented that this is **the best wellness program they have ever had**, and employees are equally enthusiastic to make healthy lifestyle changes. Additionally, we have found Mediterranean Wellness to be a flexible partner, working with us to meet our specific needs ahead of schedule and with professionalism. **I cannot recommend this wellness program more highly.** I would be happy to address any further questions that may arise about PPG's endorsement of this undertaking.*

Yours truly, Alberto M. Colombi M.D., M.P.H.

Vanguard Financial

Within just 2 hours after announcing the program by Dr Clower, we received over 1200 registrants!

We've been **overwhelmed with positive comments** - and I've never seen junk food sit so long in the break room! We think your delivery makes people listen and learn. Its an art.

Every day I hear stories. You have created quite a buzz. **People are loving the program** and we are all talking about real vs. faux food (I love eavesdropping in the galley!).

Comments of Dottie McFalls, HR

Aflac

As the Manager of Health and Wellness for Aflac I was given the task of developing a wellness program that would attract and engage Aflac employees nationwide. Thank goodness for Dr. Will Clower and Mediterranean Wellness!

Dr. Clower has provided Aflac employees with a program that is easily accessible and fun to follow. The passion that Dr. Clower and his group has for this program is evidenced daily in their unwavering support of all Aflac employees. The excitement and commitment Dr. Clower has shown has been contagious and now we have employees companywide who are thriving in their new healthy lifestyles.

On a daily basis I have employees reach out to me to share their success stories with weight loss, control of chronic diseases, improved lab work results, etc. I introduced my 71 year old mother to the program and in 7 months' time she has lost 30 pounds and dropped her HGA1C by 2 points. She is healthier, happier and has more energy than she has had in years and will tell you it's all because of Dr. Will and Mediterranean Wellness.

If you are looking for a program that will change your life and the lives of your employees for the better then this is the program to go with.

**Tricia Griggs, RN, Manager Health and Wellness
Aflac**