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## **St. Mary Medical Center Participates in Long Beach Marathon *Raises Funds for Mind, Body & Spirit Wellness Program***

Long Beach, CA – 10/2/2012 – St. Mary Medical Center employees and friends will be running, walking and cycling in the Long Beach Marathon on Sunday, October 7, 2012 for their personal health, and in support of the St. Mary Mind, Body & Spirit Wellness Program Fund.

To promote the good health of its employees, St. Mary is sponsoring the marathon registration for 45 employees. The hospital is also supporting the community and the Long Beach Marathon, by providing a water and Powerade station at miles 11 and 24. The hydration station will be staffed by 80 volunteers from St. Mary, Cope Health Solutions, California Academy of Math & Science, and St. Anthony High School.



The goal of the Mind, Body & Spirit Wellness Program is to transform the hospital campus into a healing sanctuary for all who visit it. Through the program, St. Mary will create a visually supportive healing environment that cultivates inner peace and tranquility in alignment with the hospital's holistic approach to provide healing for the whole person: mind, body and spirit. The Mind, Body & Spirit Wellness Program is one of several new programs that St. Mary Medical Center will implement as part of its 90th anniversary celebration in 2013. The money raised for the program will be matched by the St. Mary Medical Center Foundation.

“Reflection benches, walking paths, and serenity gardens are just a few additions that we envision for the St. Mary campus,” said St. Mary Marathon Committee Chair Nori Readdy. “This is another valuable way we can continue to provide the highest level of care and support to our community.”

For more information, please go to: [http://www.supportstmary.org/Events\\_And\\_Campaigns/228848](http://www.supportstmary.org/Events_And_Campaigns/228848)

### **About St. Mary Medical Center**

Founded by the Sisters of Charity of the Incarnate Word in 1923, St. Mary Medical Center, a member of Dignity Health, offers a full continuum of primary and secondary acute care services to the Greater Long Beach community. With more than 600 physicians, 1,456 employees and 389 private rooms, St. Mary is committed to providing a unique balance of leading edge technology, while ensuring dignity and compassionate care of mind, body and spirit to the community it serves. For more information, please visit us at <http://www.stmarymedicalcenter.org>.