

Press Release

St. Gregory Centers, Inc. announces integrating Mayo Clinic Health Wellness Program

St. Gregory Retreat Center becomes first stand-alone addiction recovery program in the US to utilize Mayo Clinic Embody Health Program.

June 22, 2010: – St Gregory Centers, Inc. announced today that they have signed agreements with the Mayo Clinic Embody Health Program to provide wellness programming for St Gregory clients and employees. The Mayo Clinic program will be an integral part of St Gregory's *Life Process Wellness*[®] program. The *Life Process Wellness*[®] program is the health wellness track for clients of the proprietary multi-track, non-12 step St. Gregory *Life Process Model*[®], which has been called the most advanced addiction recovery program in America.

The *Life Process Wellness*[®] program will integrate the latest in nutrition, sports physiology and life style, all managed by the Mayo Clinic Embody Health Portal. St. Gregory clients (after admission) will go through a full medical history and physical (H&P) combined with blood screening done to provide the initial information for the proprietary Mayo Clinic *Health Assessment*. The results cover eleven risk factors, readiness-to-change, personal and family medical history, cancer screenings, immunizations and more. The result of this assessment develops the health wellness road map clients will follow daily, guided by St Gregory trainers in developing and tracking workout plans based on cardio, strength and lifestyle (smoking, eating, activity, etc). In addition, the health wellness plan is extended for 12 months after clients return home from the addiction recovery program, as part of their *Life Process Plan*[®].

The *Life Process Wellness*[®] program also includes a daily nutraceutical program designed to provide vitamins, nutrients and anti-oxidants to aid in balancing and detoxifying the body.

Clients from across the nation have been drawn to St. Gregory Retreat Center for its unique approach to substance abuse treatment. The St. Gregory Retreat Centers are the exclusive locations in the U.S. that deliver the *Life Process Model*[®].

*St Gregory Centers, Inc. is dedicated to offering options for recovery to people dealing with drug or alcohol dependency. St Gregory Centers, Inc. operates residential treatment centers, St Gregory Retreat Centers (www.StGregoryCtr.com), for both men and women exclusively teaching the **Life Process Model**©. St. Gregory Centers, Inc. also offers the **Life Process Model**© for individuals that are not able to leave their job or family for an extended period of time through outpatient clinics - ALPP Institute. (www.ALPPInstitute.com) or call 888-778-5833.*