MANDARIN ORIENTAL, WASHINGTON DC AND MAYO CLINIC LAUNCH HEALTHY LIVING WELLNESS PROGRAM

'Mayo Clinic Healthy Living at MO' is the first collaboration of its kind in the United States and features three distinctive wellness events

Hong Kong, 17 May 2017 – Mandarin Oriental, Washington DC is pleased to announce a collaboration with the renowned medical institution, Mayo Clinic to develop a multi-event wellness program focused on achieving a healthy lifestyle both at home and on the road.

Mayo Clinic Healthy Living at MO provides rare access to the health organization and their research-based strategies. Each of the three full-day events will focus on one key area of healthy living and will be led by a Mayo Clinic physician, along with a multidisciplinary team of specialists who will guide and support each guest. The events will consist of physician-led lecture sessions, small group activities, and a personalized wellness plan. Healthy cuisine will be provided by Executive Chef Adam Tanner, whose breakfast, lunch and dinner menus will complement the program.

- *Get Active* with Mayo Clinic Physician Warren G. Thompson, M.D. – June 24, 2017
- *Resilient You* with Mayo Clinic Physician Matthew M. Clark, PH.D., L.P. – September 16, 2017
- *Eat Well, Live Well* with Mayo Clinic Physician Donald D. Hensrud, M.D., M.P.H. – November 18, 2017

On 24 June 2017, *Mayo Clinic Healthy Living: Get Active* will focus on physical activity and highlight the areas of strength, balance, posture, flexibility, and cardiovascular training. Guests will learn about one of Mayo Clinic's signature classes, *NEAT (Non-Exercise Activity Thermogenesis): The Power of Light Activity*, that teaches how to increase daily activity at work and leisure through less intense calorie-burning activities compared to a typical workout.

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Priced from USD 1,895 per person per event and based on double occupancy, each *Mayo Clinic Healthy Living at MO* event includes the following:

- Overnight accommodation in a newly refreshed guestroom
- Healthy living breakfast, lunch and dinner
- Complimentary valet parking
- Complimentary Wi-Fi

Guests can choose to enhance the program with à la carte holistic therapy treatments at the award-winning Spa at Mandarin Oriental, Washington DC. All treatments are tailored to accompany each individual's health assessment. The Spa's rejuvenating heat and water experiences, the 1,400-square foot state-of-the-art fitness center and 50-foot indoor heated lap pool will complete the experience.

"We are delighted to bring the leader in medical research, care and education to Washington, DC as part of our ongoing commitment to guest well-being," said Adriaan Radder, General Manager of Mandarin Oriental, Washington DC. "This program offers the opportunity to fine tune health and wellness habits with one-on-one expert guidance."

"Wellness is essential to improving quality of life and preventing many of the most common, costly diseases. This collaboration with Mandarin Oriental, Washington, DC, will teach guests unique, practical, and sustainable ways to apply evidence-based wellness practices in a compressed timeframe.'' said Paul Limburg, M.D., Medical Director, Mayo Clinic Global Business Solutions.

For more information on *Mayo Clinic Healthy Living at MO*, please call +1 (202) 554 8588 or visit www.mandarinoriental.com/washington.

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About Mayo Clinic

Mayo Clinic is a nonprofit worldwide leader in medical care, research and education. Every year, more than a million people from nearly 150 countries come to Mayo Clinic for care. Mayo Clinic is located in the United States with campuses in Rochester, Minnesota; Phoenix/Scottsdale, Arizona; and Jacksonville, Florida. For more information, visit www.mayoclinic.org and follow Mayo Clinic on Twitter at @MayoClinic and @MayoClinicME.

About Mandarin Oriental, Washington DC

Mandarin Oriental, Washington DC offers an ideal location on the southwest waterfront providing picturesque views of the Jefferson Memorial, Washington Monument, Tidal Basin and Washington Marina in addition to being within walking distance of the nation's most cherished monuments and the city's famed cherry blossom trees. The elegant retreat exudes a refined sense of style with beautifully designed rooms, spacious suites including the luxurious three-bedroom Presidential Suite, The Forbes Four-Star Spa, legendary service and exceptional restaurants.

About Mandarin Oriental Hotel Group

Mandarin Oriental Hotel Group is the award-winning owner and operator of some of the world's most luxurious hotels, resorts and residences. Having grown from its Asian roots into a global brand, the Group now operates 29 hotels and eight residences in 19 countries and territories, with each property reflecting the Group's oriental heritage and unique sense of place. Mandarin Oriental has a strong pipeline of hotels and residences under development, with the next hotel opening planned in Doha. Mandarin Oriental is a member of the Jardine Matheson Group.

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Photography of Mandarin Oriental is available to download in the Photo Library of our Media section, at www.mandarinoriental.com.

Visit *Destination MO*, the online version of Mandarin Oriental Hotel Group's bespoke publication, *MO*. News about our award-winning hotels, the best dining experiences, spa treatments, travel retreats and interviews with the Group's celebrity fans is now just a click away. Further information is also available on our Social Media channels.

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