

FOR IMMEDIATE RELEASE

Sharon Healthcare Professional Selected for the National Institute of Whole Health's Inaugural Whole Health Advocate Scholarship

Recognized For Contribution to Whole Person Care

September 4, 2007, Wellesley, MA – The National Institute of Whole Health (www.niwh.org), pioneers of Whole Health Education® and Whole Person Care, today announced that Sharon resident Esther Fishman has been named the recipient of their first annual Whole Health Advocate Scholarship.

Having demonstrated her commitment to delivering Whole Person Care, a best practice healthcare methodology for treating the unique spiritual, emotional, environmental, nutritional and physical aspects of health, Fishman has received a full scholarship to the organizations distance learning based Whole Health Educator Program. The scholarship covers tuition and books and, upon completion, will better enable her to deliver holistic and relationship-centered care to her patients.

Fishman has been a Therapeutic Recreation Specialist at the Lemuel Shattuck Hospital in Boston for nearly 9 years. On a daily basis she provides recreational therapy and counseling to seniors and other adults suffering from mental health issues, substance abuse problems, homelessness and low self-esteem. The care she delivers includes teaching yoga and stress reduction. Fishman plans to use the education to not only improve patient care at the hospital, but to use her licensing in Massage Therapy and Spa Management and Aesthetics to eventually open her own holistic health center.

“NIWH's Whole Health Education Program combines my experience in teaching and in healthcare with a deep passion for bringing holistic health information to people,” said Fishman. “I feel extremely honored and to be on a path to gaining information that I can use to truly make a difference in my community.”

NIWH has, for the past 30 years, provided evidence-based, integrative whole health education, delivered in a relationship-centered, whole person focused curriculums for health and medical professionals who desire to provide better patient care. This approach integrates the most current medical research with a natural outlook on healing and the wisdom of various spiritual teachings and, all of which are grounded in integrity and compassion. NIWH is an Accredited Provider of Continuing Professional Education through the Commission on Dietetic Registration of the American Dietetics Association; an approved provider of Education and Training thru the U.S. Veterans Administration, approved by the Department of Higher Education; endorsed by the American Holistic Nurses Association; and approved to provide Continuing Professional education by several other national credentialing associations includes, nurses, social workers, health educators, acupuncturists, and licensed nutrition professionals.

“We chose Esther over dozens of other candidates because of her obvious passion and dedication to transforming the practice of healthcare in all settings to include whole person care and shared decision-making,” said Georgianna Donadio, Ph.D., Director of the National Institute of Whole Health. “The knowledge that she gains through the program will not only make her more marketable and increase her value to her employer

and patients, but more importantly, it will help to improve patient outcomes wherever she is employed.”

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About the National Institute of Whole Health

Founded in 1977 and headquartered in Wellesley, MA, the National Institute of Whole Health (NIWH) offers the most established and credentialed integrative whole health certification programs in the US. NIWH's offerings include a Norman Cousins Award nominated Best Practice model – the Whole Health Education® certification program, a Whole Health Educator™ program for Nurses, endorsed by the American Holistic Nurses Association, a Nutrition Educator certification program and a Whole Health Coaching certification program which can be completed in-person or via DVD distance learning. Recognized nationally as the pioneers of Whole Health Education®, the school has instructed thousands of students with varying occupations from all over the U.S., and now offers DVD distance learning with students located on five continents. For more information, visit www.niwh.org or call (888) 354-HEAL (4325).

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