

FOR IMMEDIATE RELEASE
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**Adele Wilzack, former Maryland Secretary of Health and Human Services,
named Chair of Tai Sophia Institute's Board of Trustees**

LAUREL, Md., Jan. 29, 2013 – Tai Sophia Institute, a leading integrative health and wellness graduate school, today announced that Adele Wilzack has been named chair of the Institute's Board of Trustees. Ms. Wilzack, who has been a member of the Board of Trustees since October 1998 and has served as vice chair since 2006, takes over for Sherman Cohn, who will remain on the Board.

Tai Sophia President and CEO Frank Vitale noted, "We look forward to Ms. Wilzack's dedicated leadership as we continue to pursue our commitment to educating and training tomorrow's healthcare practitioners and leaders. Her extensive experience as a healthcare industry executive and as an advocate for changing the U.S. healthcare system to one focused on prevention and patient empowerment will be invaluable as the Institute moves toward becoming a nationally recognized university exclusively committed to the field of integrative health." He adds, "We are tremendously grateful for the many contributions made by our former chair, Sherman Cohn, both to the Institute, and in helping to build the acupuncture field in the United States."

Ms. Wilzack has been an influential and highly effective healthcare leader in the state and the nation for more than 40 years, tirelessly advocating for improved patient care and healthcare delivery. Former Maryland Governor Harry Hughes appointed Ms. Wilzack as Secretary of Maryland's Department of Health and Mental Hygiene, making her the first woman and nurse to serve in this capacity. She was then appointed by Governor William Donald Schaefer to continue in this position during his administration. She also served as the president of the Health Facilities Association of Maryland, a leading long-term care advocacy organization.

In addition to her role at Tai Sophia, Ms. Wilzack currently serves as a board member of the Upper Chesapeake Medical Center and chairs its Quality Care Committee. She is also a member of the Dean's Advisory Council of Notre Dame of Maryland University School of Pharmacy and a member of the Johns Hopkins Certificate on Aging Advisory Board.

"This is a pivotal point in the Institute's history," asserts Ms. Wilzack. "In 2010, Tai Sophia offered four graduate programs and enrolled 423 students. Today, there are 18 graduate programs with 765 students enrolled. What other school in the country has experienced an 80% growth rate in this period of time? Integrative health is expanding and Tai Sophia is assuming a leadership role nationally to supply the demand for skilled practitioners. The Board and I plan to support the Institute in every way possible."

The Tai Sophia Institute Board of Trustees also moved to elect T. James Truby as vice chair. Mr. Truby is founder of Synthesis Incorporated, one of the most respected architectural, planning, and development firms in the Washington-Baltimore region. He is the former chair of the Board of Trustees of Howard Community College and a trustee of the Horizon Foundation.

Former Chair Sherman Cohn is professor of Law at Georgetown University and a past national president of the American Inns of Court. He is an author and lecturer in the field of ethics of the legal profession. He also served for many years as chairman of the Accreditation Commission for Acupuncture and Oriental Medicine.

About Tai Sophia Institute

Founded in 1974, Tai Sophia Institute, (www.tai.edu), is a private, nonprofit, academic institution focused on integrative health and wellness. Accredited by the Middle States Commission on Higher Education, the Institute offers graduate degrees and academic certificates in a wide range of health and wellness fields, including holistic nutrition, health and wellness coaching, health education, acupuncture and oriental medicine, and herbal medicine.

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