



IMMEDIATE RELEASE

## **MGM Launches ‘Healthy Mind Healthy Life’ Campaign for Golden Lion Team**

*Various Wellness and Fitness Programs to Promote Wholesome Lifestyle in All Aspects*

**[May 30, 2018, Macau]** MGM places its team members’ wellbeing on a high priority. From May 20 to June 8, MGM launched a three-week “Healthy Mind Healthy Life” campaign with a wide array of wellbeing-related activities. Around 10,000 team members and their family took part in the campaign and learned about the importance of healthy lifestyle, both at work and at home.

The Campaign kicked off with “5.20 - Let’s Walk for Love” co-organized by Fuhong Society of Macau and MGM, aiming to promote social inclusion and create awareness on mental health. It was then followed by a series of fun-filled events across MGM MACAU and MGM COTAL, including Health Fun Day, Health Series Flash Talk, Shift Work and Health Seminar, Chinese Medical Consultation Day, Healthy Bedding Products Roadshow, Acupuncture Treatment for Insomnia Seminar, World Challenge Day 2018, Family Fun Terrarium Workshop, Free Your Body from Pain Seminar, and Health Checkpoint.

### **Chinese Medical Consultation Day**

14 medical practitioners from the Chinese Medicine Association of Macau were invited to provide free one-on-one consultations to team members at the back of house area. After the consultation, the medical practitioner will give customized herbal teabags to the participants to help them stay fit and healthy.

### **World Challenge Day 2018**

In support of “World Challenge Day” co-organized by Sports Bureau, Civic and Municipal Affairs Bureau and Health Bureau of the Macao SAR government, MGM held fun workout challenge events at Grande Praça of MGM MACAU and the Spectacle of MGM COTAL simultaneously on May 30. More than 320 team members were invited to come together for a 15-minute fitness challenge led by MGM fitness trainers and **Mr. Grant Bowie, Chief Executive Officer & Executive Director of MGM China Holdings Limited.**

### **Health and Wellness Seminars**

On May 23 and 29, MGM MACAU and MGM COTAL hosted seminars for team members to learn from the Labour Affairs Bureau of the Macao SAR government on how to improve their overall health. In addition, on June 4 at MGM COTAL and on June 5 at MGM MACAU, MGM will invite professional physiotherapist to share about common body strain, pain, and simple remedies to these problems.



**Ms. Wendy Yu, Senior Vice President of Human Resources of MGM**, said, “Achieving work-life balance at MGM is our continuous goal and we strive to incorporate wellness in all aspects of our team members’ life, especially in the workplace. Our ‘Healthy Mind Healthy Life’ campaign is a way for MGM to give back to our team members and it generates many positive outcomes. We want to take this opportunity to acknowledge our Golden Lion Team’s hard work and to help them reach their full potential in their career by providing a wide array of long-term wellness campaigns, therefore developing a positive and healthy lifestyle.”

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## **About MGM**

MGM is an abbreviation for MGM China Holdings Limited (HKEx: 2282) and is a leading developer, owner and operator of gaming and lodging resorts in the Greater China region. We are the holding company of MGM Grand Paradise, SA which holds one of the six gaming concessions/subconcessions to run casino games in Macau. MGM Grand Paradise, SA owns and operates MGM MACAU, the award-winning premium integrated resort located on the Macau Peninsula and MGM COTAI, a contemporary luxury integrated resort in Cotai, which opened in early 2018 and more than doubles our presence in Macau.

MGM MACAU is a Forbes Five-Star luxury integrated resort inspired by the arts with every element of the resort infused with creativity and style. MGM MACAU has approximately 600 guest rooms and suites and boasts a number of distinguishing features, including the architecturally stunning European-inspired Grande Praça, housed under a soaring glass ceiling. MGM MACAU’s world class facilities include the MGM Art Space, dedicating over 5,000 square feet to display authentic works of art, conference and event facilities, spa, and seven signature restaurants and bars to fulfill any gastronomic craving. Our property is conveniently located on the Macau Peninsula and is directly connected to the luxury retail shopping complex, One Central.

MGM COTAI is the latest addition to the MGM portfolio in China. Designed as the “jewelry box” of Cotai, it offers approximately 1,400 hotel rooms and suites, meeting space, high end spa, retail offerings and food and beverage outlets as well as the first international Mansion at MGM for the ultimate luxury experience. MGM COTAI also offers Asia’s first dynamic theater and a spectacle to wow every guest who steps foot in the resort. MGM COTAI is developed to drive greater product diversification and bring more advanced and innovative forms of entertainment to Macau as it grows as a global tourist destination. MGM COTAI is the largest property and the first mega-size complex project in Macau to achieve the China Green Building Design Label Three-Star Certification.



MGM China Holdings Limited is majority owned by MGM Resorts International (NYSE: MGM) one of the world's leading global hospitality companies, operating a portfolio of destination resort brands including Bellagio, MGM Grand, Mandalay Bay and The Mirage.

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