



### Tobacco-Free Amity Los Angeles Focuses on Wellness

As of January 1<sup>st</sup>, 2019, Amity Foundation's Los Angeles campus has worked with the Smoking Cessation Leadership Center to establish a 100% Tobacco-Free campus and incorporate cessation education and support for residents.

Since 1969, Amity Foundation has utilized a holistic approach to provide integrity, hope and possibilities for individuals, families and children. The Los Angeles campus provides substance use disorder treatment, specifically to men of various backgrounds and ages in the justice-involved population.

In support of overall health and wellness, Amity has established an aquaponic garden and grows items such as basil, kale and swiss chard. Food produced here is then integrated into the clients' meals to support healthy nutrition. In addition, residents also maintain the serenity garden, housing several turtles. This program has provided a therapeutic opportunity for individuals to lower stress, build teamwork skills and learn to care for the natural world. It also provides hands on skills that will be helpful in re-integrating graduates back into society.