



PRESS RELEASE



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VERMONT FEDERAL CREDIT UNION RECEIVED GOVERNOR'S EXCELLENCE IN WORKSITE WELLNESS AWARD FOR THE FOURTH YEAR IN A ROW

Burlington, VT – On March 21, Amanda Reid, HR Specialist at Vermont Federal Credit Union, accepted the 2018 Governor's Excellence in Worksite Wellness Award at the Worksite Wellness Conference.

The award highlights worksites around the state and their efforts to promote the health and wellness of employees. Cynthia Turner, Vice President of Human Resources, and Sara Klein, HR Manager, were also recognized as outstanding individuals who played a crucial role in Vermont Federal Credit Union's 2017 wellness program.

Turner stated, "An organization's most important asset is its employees and we believe worksite wellbeing is investing in this asset." Reid added, "To us, receiving the worksite

wellness award is an honor and confirmation our program is on track in creating a worksite culture of wellbeing.”

Ongoing wellness programs at the Credit Union include wellness challenges, onsite chiropractic and massage, nutrition classes, CSAs and farm shares, discounted gym memberships, onsite biometric screenings and flu shots, CPR and first aid training, and local Employee Assistance Programs.

Vermont Federal is a \$500 million-plus financial institution, with six locations currently serving over 38,000 members. Members are part of a cooperative, meaning they share ownership in the Credit Union and elect a volunteer board of directors. Vermont Federal Credit Union provides membership to anyone who lives, works, worships or attends school in Chittenden, Grand Isle, Lamoille, Franklin, Washington, or Addison Counties in Vermont. Vermont Federal Credit Union is committed to providing support to the communities it serves and to make a decided difference in the lives of its members and other Vermonters. For more information about Vermont Federal Credit Union, call (888) 252-0202, visit www.vermontfederal.org, or find us on Facebook.