



For Immediate Release

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Arsenal CU focuses on employee wellness

Instead of stuffing employees with sugar-saturated sweets and caloric candies, Arsenal Credit Union chose healthier ways to show its appreciation of its employees this year.

In previous years, the credit union has dedicated a week to show its thanks to employees, which included many edible treats. This year, the credit union spent two weeks – May 5-16 – teaching staff ways to improve their own wellness through healthy snacks, lunch-and-learn sessions, a new wellness section on the employee intranet, massages, and more.

The weeks' events kicked off with a presentation on overall health. During wellness weeks, staff could choose to go to several different sessions on topics from making healthy lifestyle choices and smart fast food decisions to relaxation techniques and aroma therapy. Employees were also treated to free 10-minute massages on Fridays.

In addition to education, employees received a variety of health-themed items, including Subway gift cards, baked chips, trail mix, muffins, water bottles, and pedometers.

"Both the credit union and its staff benefit from healthier employees through reduced absences and improved morale," says Arsenal's AVP of Human Resources Lori Crutchley. "Our employees enjoyed the change of pace, since many of them are trying to get in better shape anyway, and the lessons learned will last a lot longer than one or two weeks."

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Arsenal Credit Union is a not-for-profit financial institution with five branches in the St. Louis area. The credit union, founded in 1948, serves 20,000 members and has \$121 million in assets. The purpose of Arsenal Credit Union is to promote thrift among its members by affording them an opportunity for accumulating their savings; to create for them a source of credit at fair and reasonable rates of interest; to provide the opportunity for the members to use and control their money for their mutual benefit; and to assist in the financial education of members and people who live in the community.