

MEDIA ADVISORY

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FBMC shows AHA it has heart

Fringe Benefits Management Company (FBMC) is proud to be one of the top contributors to the American Heart Association (AHA) of the Big Bend. To date, FBMC has raised over \$17,000 through employee-sponsored fundraisers and participation in the annual HeartWalk.

Company President and CEO Lorraine Strickland, who is the 2009 AHA Start!HeartWalk chairperson, encouraged employees to participate in any way they can. In addition to the fundraisers, 75 FBMC employees took part in the HeartWalk.

Additionally, FBMC has achieved Gold level recognition for the past two years from the American Heart Association as a Start! Fit Friendly company. This program puts the spotlight on companies that promote healthy lifestyles for their employees in the workplace, and as a result FBMC was listed in the September 2009 issue of *Fortune* magazine as a Gold level recipient.

"FBMC is a leader in the community in worksite wellness and this acknowledgement of our commitment to employee health, fitness and nutrition is gratifying," said Glenda Atkinson, Certified Wellness Program Coordinator at FBMC. "It was a privilege to be one of only two companies in Tallahassee and approximately 1,100 nationwide that earned this recognition."

FBMC continues to do its part to assist local charitable organizations and promote healthy lifestyles.

For more information about FBMC, visit www.fbmc.com

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