

**Media Contact**

Amy McConnell, MBA  
Digital Marketing & Public Relations Manager  
Office: 703.730.1800 ext.5425  
[amcconnell@belvoirfcu.org](mailto:amcconnell@belvoirfcu.org)

**FOR IMMEDIATE RELEASE**

**Belvoir Federal Starts a Wellness Program for Employees**

**Woodbridge, VA**, April 16, 2014 — Belvoir Federal Credit Union formed a Health and Wellness program (B-Well) to improve the overall health and wellness of Belvoir Federal employees.

The program consists of many opportunities for employees to participate including organized exercise classes, nutrition classes, and an employee activity challenge with Thrive Across America, bi-annual blood drives, and a Kaiser Permanente mobile health van to offer flu shots for employees. B-Well is designed to improve the overall health and wellness of the employees.

“We are excited to kick-start the program and get employees motivated to improve their health,” stated Shannon Tackett, Belvoir Federal’s B-Well committee chair. “Thus far, we have introduced Zumba and Yoga once a week for employees and it has been very well received. B-Well not only provides an opportunity for employees to improve their health and wellness, but allows them to have fun while doing so.”

After winning the 2014 Best Places to Work in Virginia award, Belvoir Federal strives to maintain this status and continually seeks out ways to better the employees working environment. “It is our responsibility to ensure employees look forward to coming in every morning because when they excel, the service members receive is exceptional. By creating the B-Well committee, we are able to continue being an employer of choice,” stated Patricia Wallace, Chief Operating Officer and founder of the B-Well program at Belvoir Federal Credit Union.

Kaiser Permanente offers comprehensive, affordable health coverage plans for individual & family, Medicare, employers, and large group. Join us and thrive! For more information, visit [www.kp.org](http://www.kp.org).

**About Belvoir Federal Credit Union**

Belvoir Federal is a member-owned, full-service financial institution that provides the foundation for the financial success of our Members. Belvoir Federal, a not-for-profit organization, has served the Fort Belvoir and U.S. Armed Forces community since 1946 and named 2014 Best Places to Work in Virginia. For more information about Belvoir Federal, please visit [www.BelvoirCreditUnion.org](http://www.BelvoirCreditUnion.org).

###

