



Interior Savings Celebrates Mentally Healthy Workplace Award

Kelowna, BC – (November 22, 2018) At the annual CMHA Mentally Healthy Workplace Awards breakfast held on November 20th, Interior Savings was selected as the recipient of the Mentally Healthy Workplace Award in the large business category.

CMHA-Kelowna recognized local businesses who are leading the way in creating environments that are supportive of their employees' well-being while breaking the stigmas often associated with mental health.

"CMHA-Kelowna continues to work hard to bring awareness to the importance of mental wellness in the workplace", says Kathy Conway, CEO of Interior Savings. "We're proud to receive this honour and recognize this award isn't a destination but rather a milestone that tells us we're on the right track. We will continue to evolve and explore ways to bring the focus of mental wellness to the forefront of our workplace culture, and support mental wellness in all of our communities."



Representatives from Interior Savings L-R: Katie Bransfield, Dustin Andrei, Heidi Miller, Karen Hawes, Elenore Penner, Kelly Pollard, Landa Whalen, and Andrea Dennett.



Representatives from Interior Savings L-R: Leville Smith, Heidi Miller, Karen Hawes, Kelly Pollard, Landa Whalen, Nicole Burke, Andrea Dennett, Kathy Conway - CEO, and Melvin Liu.

Employees at Interior Savings have access to balanced health care and programs that encourage a holistic approach to wellness and work/life balance. As part of a pilot program launched earlier this year, employees will receive training to help support those who may be struggling.

This focus is extended into the communities served by Interior Savings through the support of local programs and services designed to teach and develop mental wellness skills, in addition to programs that

provide opportunities to connect with others and make meaningful contributions – two key ingredients that support mental well-being.

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About Interior Savings

Interior Savings is a member-owned, democratically-controlled credit union dedicated to creating local money while helping to build vibrant communities. Through its 21 branches, 16 insurance offices, Member Service Centre, and two Commercial Services Centres, the Credit Union offers personal and commercial banking and a full range of insurance and wealth management services to more than 70,000 members across 14 communities. In the last 15 years, Interior Savings has returned \$58.7 million to members through its Member Rewards Program and invested nearly \$8 million in support of community programs.

For more information, please contact:**Sue Manzuik**

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