



*Helen M. Dumski, President & CEO of the **Diabetes Association of Greater Cleveland** receives \$1,000 check from Bill Valerian, President & CEO of **Liberty Bank, N.A. of Beachwood.***

Wellness at Liberty Bank and \$1,000 for the Diabetes Association of Greater Cleveland

(April 21, 2011) Recently employees at Liberty Bank, N.A. (headquartered in Beachwood), were offered the opportunity to participate in a two month long wellness challenge. The program was simple: establish unique, personalized goals and track process. To encourage employee participation and success, the Bank agreed to put \$50 in “a pot” for each employee who met 90% of their individualized goal. The majority of employees participated and in the end 20 met 90% of their goal. Several employees won prizes at the end including a Vita Mix juicing machine. All employees benefitted from the program no matter how large or small their goals were. In addition to the Liberty Bank

participants, the other big winner was the Diabetes Association of Greater Cleveland. As each of the 20 employees hit the 90% mark, the Bank put another fifty dollars in the pot. In the end, Liberty Bank donated a total of one thousand dollars to the organization!

“The whole program was a win-win for everyone. We all feel great about employee participation and the result was an increased awareness of wellness at the Bank and a \$1,000 donation to the Diabetes Association of Greater Cleveland,” said Bill Valerian, president and CEO of Liberty Bank.

“One hundred percent of funds raised by DAGC remain in our community to provide prevention and risk assessment, diabetes education, local medical research, and support to Camp Ho Mita Koda for children with diabetes.” said Helen Dumski, The Bank enlisted the help of a wellness coach (David Rust) who spoke with each employee individually. This resulted in individual wellness goals for each participating employee. Some employees who were already fit had challenged themselves further with increased exercise and diet regiments. Some staff who were less fit selected goals that would allow them to get started and “get the ball rolling.”

For more information about DAGC, please visit www.dagc.org or call 216-591-0800. Liberty Bank, N.A. is a full service community bank headquartered in Beachwood, Ohio; call 216.359.5500 for information.