



Press Release

“KNOW YOUR NUMBERS” PLACES STAFF’S HEALTH FIRST AT CIBC FIRSTCARIBBEAN.

Philipsburg, Sint Maarten 14th October 2022. In encouragement of healthy lifestyles, CIBC FirstCaribbean in collaboration with the Healthy Caribbean Coalition designed the “Know Your Numbers” campaign to raise awareness of the benefits of wellness mindsets and increase the detection of cardiovascular disease as well as diabetes among its staff.

The recent in-branch event commenced with a 'Take a Moment at Your Desk,' facilitated by Suzanne Scholz of Mindful Sou Yoga. The session demonstrated movements that could be easily done at workstations throughout the day to refresh and restore the mind and body.

Staffers also received high blood pressure and glucose checks by the Diabetes Foundation of St. Maarten. Lectures were held by nutritionist, Swinda Richardson on 'Healthy Eating' and by Dr. Joanne Siebel on the 'The Importance of Mental Health'.

Personal Health Trackers were shared to help employees maintain their well-being and healthy habits by keeping track of their cholesterol, blood pressure, blood sugar, weight, and body mass index (BMI) numbers.

Ends

About CIBC FirstCaribbean

CIBC FirstCaribbean is a relationship bank offering a full range of market leading financial services through our Corporate and Investment Banking, Retail and Business Banking and Wealth Management segments. We are located in fifteen (15) countries around the Caribbean, providing the banking services through approximately 2,800 employees in 64 branches and offices. We are one of the largest regionally listed financial services institutions in the English and Dutch speaking Caribbean, with US\$13 billion in assets and market capitalization of US\$1.3 billion. We also have a representative office in Hong Kong that provides business development and relationship management for our fund administration. The face of banking is changing throughout the world and CIBC FirstCaribbean intends to lead these changes with the expertise, integrity and knowledge gained from banking in the Caribbean since 1836. CIBC FirstCaribbean is a member of the CIBC Group. CIBC is a leading Canadian-based global financial institution with 11 million personal banking and business clients. Through our three major business units - Retail and Business Banking, Wealth Management and Capital Markets - CIBC offers a full range of products and services through its comprehensive electronic banking network, branches, and offices across Canada with offices in the United States and around the world. For more information about CIBC FirstCaribbean, visit www.cibcfib.com, Facebook, Twitter, LinkedIn, Instagram or YouTube

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