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Freedom Federal Credit Union representatives (L to R) Carmen David Mirabile, Freedom Senior Vice President of Marketing, Patrice Ricciardi, Senior Director Business Development, and Michael MacPherson, President and Chief Executive Officer present a check to MedStar Health's Stuart Levine, MD, FACP, President and Senior Vice President, and Leah Murray, MHA, Director of Philanthropy Education.

MedStar Franklin Square Medical Center Opens New Gym for Associate Wellness
Thanks to long-standing philanthropic partner, Freedom Federal Credit Union for $30,000 pledge

BALTIMORE – (December 29, 2022) A $30,000 pledge by Freedom Federal Credit Union has made possible the opening of "Square Fitness," an associate gym at MedStar Franklin Square Medical Center, to support the emotional and physical well-being of hospital employees.

Michael MacPherson, President and Chief Executive Officer of Freedom, along with Carmen David Mirabile, Freedom Senior Vice President of Marketing and Patrice Ricciardi, Senior Director Business Development, presented a giant check representing the commitment on Sept. 7th to hospital President and Senior Vice President of MedStar Health, Stuart Levine, MD, FACP.

"This means so much to me and my family," said Dr. Levine, whose family also contributed to the costs of the gym. "But more importantly, it means so much to our associates, and to our learners, our residents, and our medical students. This is something that our internal community has asked for, for years. It far predates when I came here as president. I couldn't be more pleased to celebrate the opening of this facility for our care providers."

The gym, open to all MedStar associates, is located on the second floor of the hospital. It features two treadmills, ellipticals, bikes, strength-training fusion trainers, weight benches, along with one rower, a set of free weights, and a water bottle filling station. All equipment is from NordicTrack's commercial line and will be linked to iFIT® technology, allowing access to fitness classes, structured workouts, and instruction.

"This type of endeavor, this gym, it's more than just the physical equipment, it's about the emotional health, the mental impact on members of our community. This was an opportunity to do something meaningful for MedStar associates, and that's what this partnership is all about," MacPherson said.

Freedom Federal Credit Union provides financial products and services in Harford and Baltimore County and is a long-time philanthropic partner to MedStar Health. The not-for-profit previously supported patient-centered initiatives at the MedStar Health Bel Air Medical Campus.

About MedStar Health

At MedStar Health, we use the best of our minds and the best of our hearts to serve our patients, those who care for them, and our communities. Our 30,000 associates and 4,700 affiliated physicians are committed to living this promise through our core SPIRIT values—Service, Patient first, Integrity, Respect, Innovation, and Teamwork—across our more than 300 locations including 10 hospitals, ambulatory, and urgent care centers. As the medical education and clinical partner of Georgetown University, MedStar Health is training future physician leaders to care for the whole person and is advancing care through the MedStar Health Research Institute. From our telemedicine and urgent care services to the region's largest home health agency, we're committed to providing high-quality health care that's also easy and convenient for our patients. At MedStar Health—It's how we treat people. Learn more at MedStarHealth.org.

About Freedom Federal Credit Union

Freedom Federal Credit Union is a community-chartered federal credit union offering consumer financial services to those who live, work, volunteer, worship, attend school, or have family in Harford and Baltimore County. Additionally, Freedom offers a full-line of banking services for all businesses,

associations, and other organizations that are based in Harford or Baltimore County. Freedom has been in business since 1953 and has six locations throughout Harford and Baltimore County. To learn more, visit freedomfcu.org.