



A Tradition for Life

For more information:
Elena Turnbull, (704) 762-2256
Marketing Administrator
F&M Bank

For Immediate Release

F&M Bank Receives 2026 Novant Health Workplace Wellness Award

F&M Bank has been named the recipient of the 2026 Novant Health Workplace Wellness Award, presented by the Rowan County Chamber of Commerce. Gary Blabon, President of Novant Health Rowan Medical Center, presented the award to F&M Bank Chairman & CEO Steve Fisher during the Chamber's 12th Annual Rowan County Dragon Boat Festival, held August 22 at High Rock Lake.

"F&M Bank recognizes that wellness is not a single program, event, or benefit. It is a culture," said Blabon.

The Novant Health Workplace Wellness Award recognizes Rowan County companies that excel at promoting employee health and wellness, supporting the physical, emotional, financial, and professional wellbeing of their teams.

F&M Bank's approach to employee wellness includes an Employee Assistance Program offering confidential counseling, three comprehensive medical plan options with employer-paid employee premiums, employer-funded Health Savings Account contributions, and dollar-for-dollar 401(k) matching up to 4 percent. The bank also invests in professional growth through F&M University and provides paid vacation, sick leave, and volunteer time. Altogether, F&M Bank invests more than \$1 million annually in health and welfare benefits for its team.

F&M Bank's F&M Unites! program further supports employee engagement through monthly activities and community involvement. In 2025 alone, F&M Bank team members raised approximately \$55,000 for the United Way, reflecting the bank's belief that a healthy workplace extends into a healthy community.

"Taking care of our team has always been part of who we are at F&M Bank," said Fisher. "This recognition means a lot, because it reflects a culture our whole team has built together, not just a program we put in place."

About F&M Bank

Founded in 1909, F&M Bank is an independent, locally owned community bank serving the Greater Charlotte, Research Triangle, and Triad areas. With a tradition of integrity, service, and community partnership, F&M Bank provides a full range of financial products and services to help individuals and businesses thrive. Learn more at fmbnc.com.

fmbnc.com