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Ingram Micro's Inaugural "Spring into Wellness" Event Encourages Buffalo Associates to Achieve Strong Work/Life Balance

Local Health and Wellness Organizations Collaborate With Ingram Micro's Buffalo Office to Help Hundreds of Associates Learn More About How to Live Well and Embrace a Healthy Lifestyle

BUFFALO, NY -- (MARKET WIRE) -- 03/13/12 -- To encourage its associates to make a fresh, healthy start in 2012, Ingram Micro's (NYSE: IM) Buffalo campus is hosting its first Spring into Wellness event on March 14.

Developed in collaboration with a number of local health and wellness organizations, this one-day event will offer Ingram Micro's more than 1,400 local Buffalo associates valuable tools and information that can help them foster a stronger work/life balance. Organized by the Ingram Micro Wellness Committee and open to the local press, the event will run from 11 a.m. to 2 p.m. in the company's atrium.

"As one of Buffalo's largest employers, Ingram Micro takes the health and wellness of its employees to heart and is pleased to announce our first Spring into Wellness event," says Jeff Streb, senior director of Human Resources, Ingram Micro U.S. "We are committed to educating our employees about wellness, and make it a priority to offer various programs in the workplace that will help our associates improve their wellbeing and create healthier lifestyles for themselves and their families. The Ingram Micro team is driven to succeed and our vision for excellence starts with enabling our associates to be the best they can be."

Local Businesses Work to Create Greater Awareness around Health and Wellness

During the Spring into Wellness event, spokespeople from the Ingram Micro Wellness Committee and Cycling Team, as well as representatives from the community's local Blue Cross-Blue Shield, Roswell Park Cancer Institute, Rising Sun, Dani Fit, Shaklee and the Buffalo Athletic Club will be on-hand to share details about benefits available to associates and offer tips and insight into how to get healthy and stay fit.

The Ingram Micro Philanthropic Committee will also be onsite to educate associates about runs and walks that the committee is sponsoring throughout the year in support of local nonprofits. Associates will be able to sign up through the Philanthropic Committee to participate in Ingram Micro's Corporate Challenge Race, which takes place in the summer.

Additionally, a farmer's market is being organized on the Ingram Micro Buffalo campus to encourage associates to take advantage of locally grown produce and homemade snacks versus reaching for sodas and processed foods during the work day.

The Ingram Micro Wellness Committee is comprised of 20 volunteer associates who work together with the company's human resources team to promote and encourage health and wellness among their peers. Other local Ingram Micro events include a fall Wellness Fair, stress management presentations and ongoing initiatives such as weekly yoga classes. The committee also organizes special events such as the upcoming Walk At Work campaign planned for April and distributes a quarterly newsletter highlighting healthy tips and new or upcoming wellness initiatives.

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