

## Second Edition of Optimum Financial Group's Physical Activity Month

MONTREAL – June 7, 2021 – Optimum Financial Group wraps up its second edition of the Physical Activity Month which encourages its employees to enjoy the spring vivacity and warmer weather to discover or renew with the pleasures of sports practice, to promote healthy lifestyle habits and to stimulate team spirit between its subsidiaries. At Optimum, the health and well-being of employees are a priority.

During the four weeks of May 2021, employees across Canada, the United States and in France participated in this friendly competition and remained active every day. To carve out a place in the ranking, the teams accumulated the time granted to sports practice (biking, running, walking, swimming and others).

This year, the 228 employees gathered in 57 teams collectively cumulated 8 906 hours of physical activity. The winning team works at Optimum Re Insurance Company in Dallas and has received a prize related to the purchase of sports gear and additional participation prizes were granted. This convivial challenge takes place in the continuity of the Sports and Physical Activity Day by Québec's government and similar initiatives by public authorities in all business territories.

### About Optimum Financial Group

Optimum Financial Group is dedicated to the financial security of its clients for over 50 years. Global and privately-owned, it is diversified in the sectors of life insurance, general insurance, life reinsurance, actuarial consulting, asset management, information technology, and real estate. The Group has over 615 employees in subsidiaries operating mainly across Canada, the United States and in France. Its revenues reach nearly 1.2 billion Canadian dollars and its total assets rise up to 6 billion Canadian dollars. [www.optimumgroup.com](http://www.optimumgroup.com)

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