

## For Immediate Release

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## Katten Renews Commitment to Corporate Wellness in 2008

**CHICAGO** – As the new year begins, **Katten Muchin Rosenman LLP** has renewed its firm wide commitment to corporate wellness. Through this program, the Firm will undertake a number of initiatives during 2008, aimed at promoting a healthy, balanced lifestyle for its employees.

“The legal business can often create high levels of stress for employees,” said [Vincent A.F. Sergi](#), Katten’s National Managing Partner. “We recognize that one way to offset this stress is to maintain a culture that provides opportunities for employees to achieve a healthy, balanced lifestyle. In the long run, we believe our efforts will improve employee satisfaction.”

The Firm currently offers a number of “wellness benefits” to all employees, including:

- annual in-office health risk assessments at no charge to the employee through which each participant receives a detailed report of their assessment and is encouraged to share the results with their personal physician to address any potential issues;
- fully subsidized employee annual physician wellness visits and flu shots;
- in-office Weight Watchers meetings for busy employees;
- discounted gym memberships and other opportunities for exercise during the work day;
- educational lunch sessions on various health topics throughout the year, including cancer-related issues, stress management, and healthy eating and nutrition;
- First Aid and AED/CPR courses taught by a certified instructor;
- heart-healthy menu items in its cafeteria, complete with nutritional information for all items;
- sponsorships of the American Heart Association’s Go Red for Women, including hosting a variety of events dedicated to promoting women and heart disease, stress management, and overall well-being; and
- partnering with the American Cancer Society to encourage Firm participation in a number of annual cancer awareness events, including the Making Strides Against Breast Cancer Walk.

“It is definitely a juggling act to consistently maintain a healthy diet, get enough sleep, monitor your health and build time into your schedule to exercise on a regular basis,” said [Tara Goff Kamradt](#), a corporate partner at Katten and a member of the Executive Leadership Team for 2008 Chicago Go Red for Women. “By implementing these wellness initiatives at the Firm, we hope to make it easier for our employees and partners to stay healthy and active.”

*Katten Muchin Rosenman LLP ([www.kattenlaw.com](http://www.kattenlaw.com)) is a full-service law firm with offices in the nation's largest centers of business, government, finance and technology and an affiliated entity in London. With over 650 attorneys in more than 40 areas of practice, Katten provides timely and cost-effective counsel to clients in numerous industries. Katten provides advice for a wide range of public and private companies – from entrepreneurial, emerging-growth, and middle market firms to global Fortune 100 corporations – as well as government entities, institutions of higher learning, museums and a host of other charitable and cultural organizations.*

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