



Burr & Forman Awarded Second Place in *Orlando Business Journal's* Healthiest Employers

Firm News
08.21.2017

In an article published by the *Orlando Business Journal* on Aug. 18, Burr & Forman has been awarded second place in the healthiest employer large category (500-1,499 employees). Burr also received second place in 2016. Burr's wellness program is a big contributor to this award. The program, which was created in 2009 in Orlando, includes an annual 12-week walking program - Moving Matters. Burr focuses on helping employees live healthier, happier lives. The firm's wellness program helps employees modify their behavior to make healthier decisions in their eating habits, increase their physical activities and, ultimately, feel better about themselves. This also decreases health care costs for the firm and employees, resulting in lower health care premiums.

In addition, in 2017 the firm began to also focus on mental wellness and covering the topic of depression. Much of the focus is on helping others who may be struggling with depression - what to watch for and specific ways you might help family, friends and co-workers.

Read the full article from the *Orlando Business Journal*.