



Burr & Forman Named To The 2015 Healthiest 100 Workplaces In America

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Birmingham, Ala., September 30, 2015 - Burr & Forman LLP has been ranked among the 2015 Healthiest Workplaces in America by *Healthiest Employers*. The firm was honored with the #9 ranking at the H100 Employer Awards Ceremony at the Corporate Health & Wellness Association's Corporate Wellness Conference in Orlando, Florida.

Healthiest Employers recognizes businesses nationwide that value and strive for a healthy work environment. The award measures wellness programs through six key categories: leadership commitment, foundational components, strategic planning, communication and marketing, programing and interventions, and reporting and analytics.

"We are proud to be recognized as one of the healthiest workplaces in America, which is a tribute to the hard work our employees have put into our Wellness Program," said David Elliott, Chair of the firm's Wellness Committee. "We will strive to continue our progress with the program and to increase the benefits our employees receive from it."

Burr & Forman has been committed to wellness in the workplace since the inception of its wellness program in 2008. The firm's wellness initiatives include annual biometric health screenings, personalized telephonic health coaching to employees and their spouses, a wellness website to track one's personal progress, a smoking cessation program, a weight management program, an annual walking competition, and flu shots to its employees and spouses, all free of charge. To further support healthy living, Burr & Forman offers fruit for purchase in break rooms, cutting-edge fitness devices, corporate gym memberships, educational e-mail campaigns, and healthy meal options. Additionally, five office locations have been recognized on the local level for wellness initiatives.

"While we are honored with this distinction, the success of our program is attributed to our employees' participation and key leadership support in our wellness program," said Cathy Ogletree, Director of Human Resources. "It's a continuous process. You never know when someone is going to be ready to make a change to better their health."

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For more information on *Healthiest Employers* and the 2015 Healthiest Workplaces in America, visit <http://healthiestemployers.com/>.

About Burr & Forman LLP

For over a century, Burr & Forman LLP's experienced legal team has served clients with local, national, and international interests in numerous industry and practice areas, ranging from commercial litigation and class actions to corporate transactions, including bankruptcy and restructurings. A Southeast regional firm with nearly 300 attorneys and nine offices in Alabama, Florida, Georgia, Mississippi, and Tennessee, Burr & Forman attorneys draw from a diverse range of resources to help clients achieve their goals and address their complex legal needs. For more information, visit the firm's website at www.burr.com.