

Press Release

Freeborn Named One of the ‘Healthiest Companies in America’

CHICAGO – May 22, 2015 – [Freeborn & Peters LLP](#) is pleased to announce it has been selected as one of the 2014 “Healthiest Companies in America” by Interactive Health, the country’s leading provider of health management solutions. Freeborn was one of 158 honorees from across the United States to be recognized for embracing the mission of implementing life-changing preventive health care in the workplace.

“Through our wellness program, we provide our employees with tools and resources aimed at making healthier choices,” said Christina Kalat, Director of Human Resources at Freeborn. “We do this through fun and interactive ways to hopefully create a long-lasting, positive impact on our attorneys and staff. To be honored as one of the healthiest companies in America reflects that we are fulfilling this aspiration.”

The “Healthiest Companies in America” award is given to select organizations across the nation that have helped transform — and even save — the lives of employees by offering wellness programs that combine thorough health evaluations with fast, personalized results.

In 2011, Freeborn’s human resources department implemented a wellness program that focuses on a variety of initiatives targeting all firm employees. Some of the offerings include weekly fresh fruit to promote healthy snacking, nutritional and fitness classes, gym membership subsidies, once-a-year biometric screenings and the stocking of healthy options in office vending machines. In addition, all new hires receive a pedometer as part of their welcome package.

“These winners are improving health outcomes throughout America,” said Cathy Kenworthy, president and CEO of Interactive Health. “Working with our company, preventive care programs are about much more than just losing weight or quitting smoking — they are a catalyst to transform the way people look at health, well-being and their lives overall. Healthiest Companies in America winners exemplify the long-term positive effects comprehensive wellness programs can have on the health status of large populations. Our work is done exclusively through our people... it’s personal to us.”

ABOUT FREEBORN & PETERS

Freeborn & Peters LLP is a full-service law firm, headquartered in Chicago, with international capabilities. Freeborn is always looking ahead and seeking to find better ways to serve its clients. It takes a proactive approach to ensure its clients are more informed, prepared and able to achieve greater success — not just now, but also in the future. While the firm serves clients across a very broad range of sectors, it has also pioneered an interdisciplinary approach that serves the specific needs of targeted industries, including credit unions, food, transportation, private equity and venture capital and insurance and reinsurance.

Freeborn is a firm that genuinely lives up to its core values of integrity, caring, effectiveness, teamwork, and commitment, and embodies them through high standards of client service and responsive action. Its lawyers build close and lasting relationships with clients and are driven to help them achieve their legal and business objectives.

For more information, please visit www.freeborn.com.

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