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Wellness Program Participation Doubles at Law Firm Hemenway & Barnes Due to Wellness Workdays' Customized Approach

Strategic, hands-on approach key to doubling wellness program participation

HINGHAM, Mass. – Wednesday, October 16, 2019 – Wellness Workdays, a leading provider of corporate wellness programs, announces that Massachusetts-based law firm Hemenway & Barnes LLP has greatly enhanced employee engagement in their wellness program since partnering with Wellness Workdays. Now, with strategic direction, a hands-on approach, and a focus on outcomes, more than 60 percent of the law firm's workforce, including partners, associates, paralegals, legal assistants and law firm administrators are focusing on their well-being.

To promote greater participation and engagement in the firm's existing wellness program, Wellness Workdays evaluated Hemenway & Barnes' workforce and identified barriers, including time constraints and low participation rates, while confirming a broad interest in wellness. To address the barriers, the WW team re-designed the firm's wellness offerings and developed and executed a multi-faceted communications campaign to raise awareness of the program, including managing kickoff events for attorneys and staff during their lunch breaks. Participants had a chance to meet the WW team and view demos of the Hemenway & Barnes technology portal, which included descriptions of the initiative and wellness opportunities. The wellness year kicked off with a team-based physical activity challenge and other onsite activities.

"We encourage balance among family, community and our profession," said Eileen Kuhn, Director of Human Resources at Hemenway & Barnes. "The program that Wellness Workdays customized for us has been so successful because it really aligns with the culture and the interests of our firm. From lunch time walking groups to CPR training and community service days, the program has been a fun and engaging way to focus on wellness and work life balance."

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As a leading legal service provider for over 150 years, clients choose Hemenway & Barnes for the firm's sound, practical advice, its investment in relationships, its deep Boston roots and the personal touch provided by attorneys and staff. With many clients staying with the firm for generations, continuity within the firm is important and Hemenway ~~and~~ & Barnes is committed to keeping its workforce healthy so it can continue to deliver exceptional service to its clients.

"Working with Hemenway & Barnes to engage their firm in well-being offerings through our innovative approach to wellness has been very rewarding for both teams," said Debra Wein, CEO of Wellness Workdays. "Our program is designed for the unique needs of their organization and provides many varied opportunities for attorneys and staff to make healthy lifestyle changes."

About Wellness Workdays

Wellness Workdays is a Massachusetts company with offices in New York, Florida and Texas that designs and delivers corporate wellness programs to promote employee health, productivity and a culture of well-being. Our subsidiary, OMC Wellness, based in Portland, Maine, provides population health management solutions utilizing onsite health coaching and proprietary technology to sustain measurable outcomes. We have earned industry recognition and several best practices awards for our clients, which include New Balance, EMD Millipore, Putnam Investments, Cape Cod Healthcare, Brown University, Maine Department of Transportation, Massachusetts Institute of Technology, Rockland Trust, Titan America, Kennebunk Savings Bank and Harvard Business School. Wellness Workdays is a Certified Woman-Owned Business Enterprise (WBE). For more information, visit www.wellnessworkdays.com or www.OMCWellness.com or follow us on [Facebook](#), [Twitter](#), [LinkedIn](#), and [Instagram](#).

About Hemenway & Barnes

Based in Boston, Hemenway & Barnes LLP has served for 150 years as trusted counsel to the region's high net worth families, businesses, and nonprofit organizations. The firm is a unique combination of legal and financial expertise, with a focus on providing each client with services that are specifically tailored and results-oriented. Areas of expertise include estate planning, estate and trust administration, litigation, business work, and real estate. Its affiliate, Hemenway Trust Company LLC, is a New Hampshire-based, private trust company offering a full range of wealth advisory and management services. For more information, visit <https://hembar.com/>.