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FOR IMMEDIATE RELEASE

Baird Holm LLP Receives Wellness Council of America's Gold Well Workplace Award

OMAHA, Neb. March 6, 2014– Baird Holm LLP has successfully met the criteria to achieve the Wellness Council of America's Gold designation for workplace wellness programming. The Gold designation is awarded to companies that have successfully built comprehensive worksite wellness initiatives and are demonstrating and documenting concrete outcomes. The Wellness Council of America's Well Workplace award is a national program that Baird Holm LLP has participated in for the past eight years. Baird Holm LLP has been previously awarded the silver designation in 2007 and 2010, with the designation good for three years.

As part of Baird Holm's wellness program, employees are given the opportunity to participate in annual health screenings. A registered nurse discusses the outcome of the screening with each participant and makes recommendations on ways to improve areas that are outside the normal range. Participants can compare their health score from year to year to track progress made. Participation in the wellness program earns employees a discount on their group health insurance.

Additionally, employees are encouraged to make healthy decisions throughout their work day, and have access to a library of health related books, onsite flu shots, smoking cessation support, first aid and CPR classes. Healthy food options are offered at all company events, and weekly chair massages are offered to help relieve the stress of extended periods of sitting at a computer. There is also a wellness room available for employees to take breaks to aid in relieving fatigue and stress. "The goal is to encourage employees to be physically active and get up and move around," said Human Resource Director Miriam Nelson. "We believe healthy employees are happier and more productive."

Since 1873, Baird Holm LLP has been providing superior advocacy and counseling solutions, delivered by a highly reputable and diverse legal team. We are proud of our strong tradition of uncompromising quality, dedication to clients, professional integrity and service to the profession and the community. Baird Holm LLP is comprised of more than 85 attorneys licensed in 19 states who are honored to carry on the legacy created by our visionary founders.

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