

Susanne Mandel Discusses Health and Wellness at Law Firms

Media Mention
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Susanne Mandel, Chief Business Development & Marketing Officer at Lowndes, was recently quoted in an article on Law.com's *The Mid Market Report* about the importance of health and wellness initiatives in law firms, especially given the high stress level of the legal profession.

Mandel shared that Lowndes had recently teamed up with Virgin Pulse, the world's #1 well-being provider, to offer "Lowndes Life," a virtual program to encourage attorneys and staff to make healthy choices, be well together, and be inspired to live better every day. The program includes quarterly and annual incentives for tasks undertaken and milestones achieved. The firm is also renovating its space to include yoga, exercise equipment and mindfulness programs.

"The signs have been all around us for some time, said Susanne Mandel, the firm's CMO. "Articles, talk shows, statistics, celebrity and public service announcements have opened discussions about mental health and the national crisis spurred the renewed attention to our overall health and well-being."