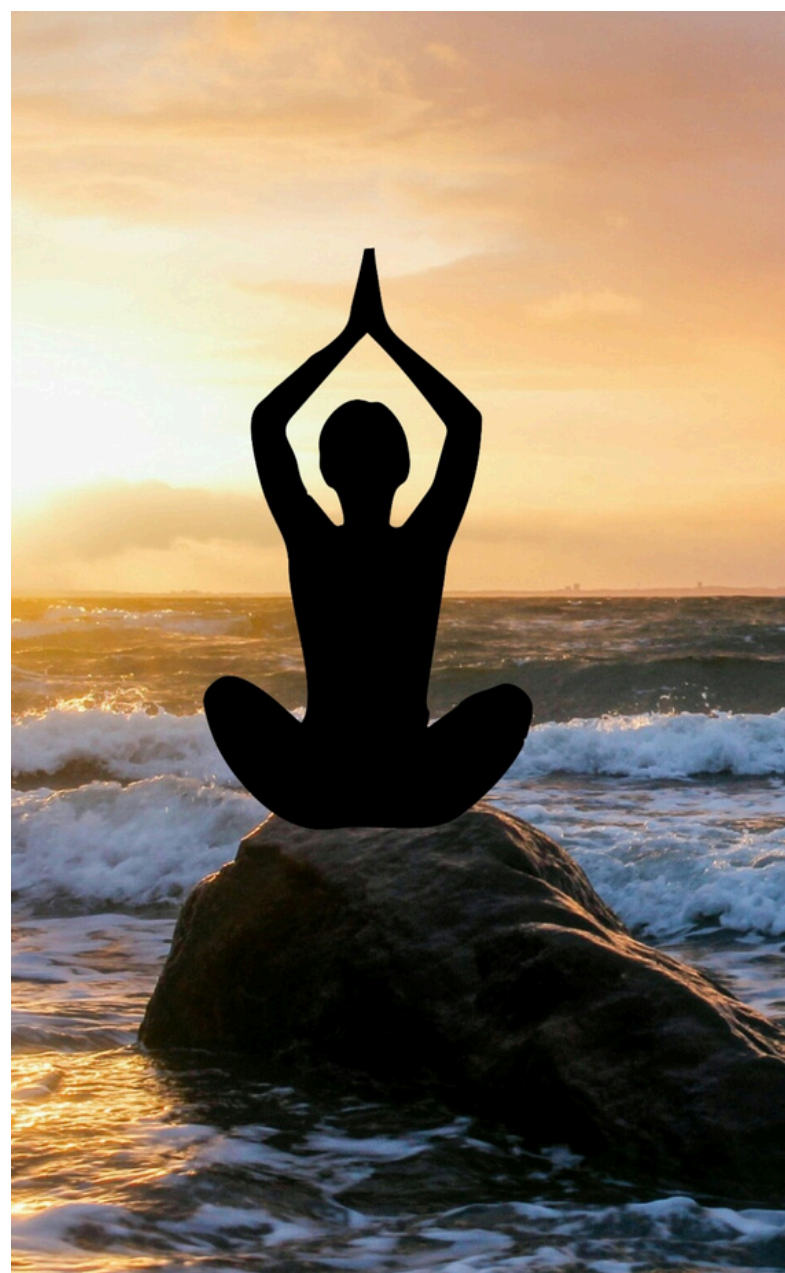


## ● Highlight ●

Wellness Wednesdays in the Law Department offered a calming midweek reset with 30-minute guided meditations designed to reduce stress, enhance focus, and promote overall well-being. These sessions provided a peaceful space for participants to pause, breathe, and reconnect with themselves—helping to bring balance and clarity to the rest of the week.

The Law Department Walking Club is a weekly meetup that encourages movement, connection, and a break from the daily routine. Open to all, the club offers a relaxed, social way to get some fresh air, stretch your legs, and engage with colleagues outside the office.

***Work-life harmony is about integrating your work and life in a way that allows you to thrive in both.***



## Varied Programming

Aligned with Culture of Health Tenet 5, the Law Department offers comprehensive, varied, and integrated programs and activities that support the diverse well-being needs of employees—promoting a balanced and healthy workplace for all.