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Crowell & Moring Celebrates Well-Being Week

Annual event marks first celebration under rebranded well-being program – CroWellBeing

Washington – April 21, 2021: Crowell & Moring’s Well-Being Committee will host a week of events in conjunction with Well-Being Week (May 3-7). This year’s celebration will be the first since the firm launched an expanded healthy living brand: CroWellBeing.

The firm has consistently prioritized the support of lawyers and professional staff’s holistic well-being, having been an original signatory of the American Bar Association’s Well-Being Pledge, which addresses the legal industry’s alarming rates of substance and alcohol use along with mental health issues. CroWellBeing is an extension of these efforts, offering new and creative tools, information, and resources to members of the firm community to help them feel and be their best. CroWellBeing focuses on the six dimensions of well-being, including occupational, emotional, physical, intellectual, spiritual, and social well-being.

“The global pandemic has shown us how important well-being is across our entire community,” said [Philip T. Inglima](#), chair of Crowell & Moring. “Although we still cannot gather in person, the events of Well-Being Week will be a chance for us to pause our days and focus on our wellness. As a firm, we remain committed to ensuring all of our lawyers and professional staff have access to the resources and support needed to live their best lives, both at home and at work.”

Crowell & Moring’s Well-Being Week activities include:

- A “Smart Nutrition for Busy People” webinar, facilitated by nutritionist, [Lori Fish Bard](#);
- An essay series from firm leaders on embracing the firm’s values and reflecting on moments at the firm that have given them a sense of purpose and meaning;
- A firmwide challenge to take the [Four Tendencies](#) quiz and learn how to “make better decisions, meet deadlines, meet our promises to ourselves, suffer less stress, and engage more deeply with others”; and
- A panel of lawyers and staff sharing how they cultivate a work-life balance and establish sustainable solutions to manage well-being.

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