

Wellness Committee



Cohen and Wolf has signed on to the Connecticut Bar Association’s Well-Being Pledge, affirming the firm’s commitment to promoting well-being within the legal profession and a healthy work environment. In furtherance of the firm’s dedication to the pledge, the firm has established a Wellness Committee to evaluate the firm’s approach to wellness in the workplace and develop programming, events, and resources to address the targeted wellness-related needs of the firm’s community.

To date, the firm’s wellness initiatives include the following:

- Weekly wellness walks
- Monthly seminars concerning wellness-related topics, such as mental health awareness and stress management strategies
- Fresh fruit and healthy snacks in common areas
- “Wellness rooms” for meditation and/or lactation
- Anonymous virtual forum for employees to share comments, concerns, and suggestions about the firm’s approach to wellness
- The firm’s Wellness Committee includes:
 - Kaelyn Mostafa, Co-Chair
 - Wilson Carroll, Co-Chair
 - Jack Fazzino
 - Marc Herman
 - Jocelyn Hurwitz
 - Stuart Katz
 - Lisa Poland
 - Jenna Shankman
 - Ariel Walker