

**NEWS RELEASE
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AALRR Receives Award from the American Heart Association for Its Healthy Worksite

On December 20th, Atkinson, Andelson, Loya, Ruud & Romo (AALRR) was named “among an elite group of awardees” for the American Heart Association’s Gold Fit-Friendly Worksite. As a Gold Level Award recipient, the law firm was recognized for creating and maintaining a healthy workplace and a culture of wellness for our attorneys and staff.

Over the past year, AALRR has organized challenges for losing weight, logging steps, and eating fruits and vegetables. Once a week, the firm provides fruits and vegetables to all employees. AALRR also held a health fair, provided free, confidential biometric screenings, held presentations on stress reduction and ergonomics, and organized weekly yoga classes, a wellness walk, an Autism Speaks walk, and a gym membership drive.

“It is satisfying to see the firm and the Wellness Committee recognized for our efforts,” AALRR Managing Partner Mark Palin said. “We care about our attorneys and staff. We all work hard and put a high priority on providing high-energy service to our clients.”

About Atkinson, Andelson, Loya, Ruud & Romo

With over 35 years of unwavering commitment to client service, [AALRR](http://www.aalrr.com) is one of California’s leading law firms. Our diverse team brings a seasoned perspective to California’s complex legal landscape for [public](#) and [private](#) entities, with particular strength in the areas of [education](#), [labor and employment](#), [construction](#), [complex litigation](#), [corporate](#), [taxation](#), and [white collar](#) law. Our public sector clients include more than 400 K-12 school districts, community college districts and universities, as well as cities, counties and special districts. We also represent diverse business entities, from small, family-run businesses to publicly traded corporations. At 160 lawyers and growing, AALRR has eight offices in [Cerritos](#), [Fresno](#), [Irvine](#), [Pasadena](#), [Pleasanton](#), [Riverside](#), [Sacramento](#) and [San Diego](#) to serve our clients throughout California. For more information about AALRR, visit our website at www.aalrr.com and sign up for our blogs, www.aalrreducationlaw.com, www.aalrremploymentlaw.com, and www.aalrrlaborrelationslaw.com.

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