



JACKSON & CAMPBELL, P.C.

Attorneys and Counselors at Law

Jackson & Campbell Partners with Nutrition Expert to Deliver Cutting-Edge Wellness in the Workplace

Washington, DC; July 15, 2008 – Even though the benefits of corporate wellness are well known, it is a challenging task for companies to encourage their employees to adopt a healthier lifestyle. Since starting its wellness program “Dare to be Fit” in late 2006, Jackson & Campbell, PC, a Washington, DC law firm, understands that the key to successful corporate wellness programs is to make them valuable, realistic and fun for employees.

J&C’s wellness program has motivated employees to be more mindful of their old behaviors and learn how to adopt new behaviors. Consequently, this improves their energy levels, reduces stress, and improves productivity.

Recently, the firm partnered with Inspire Nutrition, a DC-based company led by Christina Giallourakis, a former practicing attorney with a passion for healthy food. Over the course of six months, Inspire Nutrition will offer the J&C employees interactive, “whole food” cooking classes. This healthy alternatives resource will provide employees the tools to incorporate nutritious eating choices into their busy lifestyles. J&C also encourages its employees to share the information and good habits with their own families and friends.

“We believe establishing a culture of wellness and healthy living at J&C will help our employees be more productive, and also make them healthier and happier people,” says Alma Davies, Jackson & Campbell’s Administrative Manager. “The tips we receive from Christina have positively impacted our company’s commitment to assist our employees with improving their health.”

About Jackson & Campbell, PC

Founded more than a century ago, Jackson & Campbell has been the law firm that area businesses, associations, and Washingtonians turn to for skilled, dependable, and efficient legal representation in areas including: real property and asset management; business law; trusts and estates; health care; employment law; insurance coverage; professional responsibility; general litigation. For more, visit www.jackscamp.com.

About Inspire Nutrition

Inspire Nutrition™ is committed and passionate about educating its clients -- institutional and individual – on how to shop, cook, eat and live healthier. Through hands on workshops, Inspire Nutrition helps its clients incorporate more whole foods into daily routines so people can rely less on packaged, processed and artificial foods. For more, visit www.inspirenutrition.com.

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