

Miller Canfield's Morning Update Tackles Health Care Costs

October 12, 2005

The law firm of Miller, Canfield, Paddock and Stone, P.L.C. announces its upcoming Morning Update, "Your Employees' Good Health is Good Business: The Miller Canfield Employee Health Program," on Wednesday, November 9, from 8:00-9:00 a.m. Presenters are William J. Parsons, director of administrative & human resources at Miller Canfield, and Ken Holtyn of Holtyn & Associates, a health promotion consulting firm.

Miller Canfield recently won high honors in Michigan and Windsor for its wellness program. The firm has been promoting healthy lifestyles for over two decades, but in recent years, with escalating health care costs and increased costs associated with loss of employee productivity due to illness, energizing its wellness program was essential. The firm partnered with Holtyn & Associates to develop a wellness plan and to help promote a healthy workplace, and wellness committees were established in all of Miller Canfield's major offices in Michigan, as well as in Windsor and Washington, D.C.

"There's no magic pill to relieve the pain of soaring healthcare costs; however, research confirms that people who exercise regularly incur significantly less doctor visits and hospital stays, lowering healthcare claims for major and minor illnesses," said Parsons.

All Morning Updates are hosted at the office of Miller Canfield at 150 West Jefferson Avenue, Suite 2500, Detroit. Cost is \$20 per person, per meeting and includes handouts and a continental breakfast starting at 7:30 a.m. Space is limited. Contact Virginia Herrick at 313/496-7548 or herrick@millercanfield.com for reservations.

Morning Updates are Wednesday morning seminars focusing on labor and employment law issues for human resources professionals, CEOs, and business owners. Look for these future Miller Canfield Morning Updates: "New FMLA Regulations," on March 8, 2006, and "Religion in the Workplace," on May 10, 2006.

The 350-attorney law firm of Miller, Canfield, Paddock and Stone, P.L.C. was established in Detroit in 1852 and has offices in Ann Arbor, Detroit, Grand Rapids, Howell, Kalamazoo, Lansing, Monroe, Saginaw, and Troy, Michigan. Other offices are located in New York City, Pensacola, Florida, Washington, D.C., Windsor, Ontario, and in Gdynia, Katowice, and Warsaw, Poland.