

QUALITY OF LIFE, HEALTH, AND WELLNESS COMMITTEE
PURPOSE AND SCOPE

The committee will explore programs, accumulate information and educate members about wellness issues and resources and develop CLEs to be offered to members throughout the state. The committee will formulate a plan to celebrate May as Quality of Life, Health & Wellness Month and provide content for the Communications Department of the Alabama State Bar.

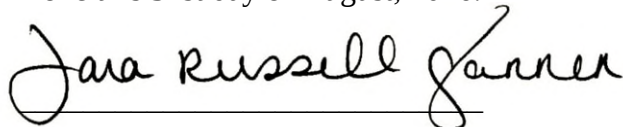
The committee will take advantage of all resources available to it through the Alabama State Bar, including its sections, and the American Bar Association and other similar groups. The committee will also determine whether similar programs exist in other bar associations and, if so, review those programs to determine if any such program can be duplicated in Alabama.

The committee should look for ways to collaborate with the Alabama Lawyers Assistance Program Committee on projects designed to promote wellness in the legal profession.

The committee may divide itself into such working groups as may be necessary to effectively carry out its functions. The Alabama State Bar, through its designated staff liaison, will assist the committee in carrying out its purpose. The committee and its working groups will meet at the call of the chairperson or the working group chair. Meetings should be held as much as possible through conference calls and videoconference.

A written report should be filed with the President by June 30, 2027, containing the committee's findings and specific, actionable recommendations for each area within its scope. All recommendations of the committee are advisory. Final decisions on implementation rest with the President, the Board of Bar Commission, or such other body as has proper authority over the department.

Done this 31st day of August, 2026.

A handwritten signature in black ink that reads "Jana Russell Garner". The signature is written in a cursive, flowing style. The first name "Jana" is written with a large, looped capital "J". The last name "Garner" is written with a large, looped capital "G".

Jana Russell Garner, President

Alabama State Bar