

Baker Donelson Human Resources Manager Alan McKiernon Talks with Memphis Daily News About Firm's Wellness Program

In a Memphis Daily News feature on how Memphis businesses are encouraging employees to get active by offering wellness programs and financial incentives, Human Resources Manager Alan McKiernon discusses some of the wellness initiatives at Baker Donelson, such as the Firm's "Recess at Work" day, which takes place once per month on a Friday and includes activities such as dodge ball and tug-of-war matches. "We set aside an hour for people to get out from behind their desks and interact with each other, and most importantly, do something physically active," Mr. McKiernon said.

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