



Virginia Law Foundation

FOR IMMEDIATE RELEASE

The Virginia Law Foundation's Award-Winning Wellness Institute Returns to Wolf Trap in May 2026

CHARLOTTESVILLE, VA. **January 14, 2026** — The Virginia Law Foundation's Wellness Institute, a solution-oriented, full-day educational experience, is set to return to The Barns at Wolf Trap on May 4, 2026. Timed to coincide with National Lawyer Well-Being Week, the theme of this year's institute is "Serving the Whole Person."

Designed for lawyers and judges at every stage of their careers, the VLF's Wellness Institute combines practical continuing legal education with restorative experiences to support attorneys in their careers and lives. **Justice William C. Mimms**, former chair of the Supreme Court of Virginia's Lawyers' Wellness Initiative, will be this year's keynote speaker and will kick off the program with an address on attorney well-being, identity, and kindness. Through subsequent panels by experts and peers, the program will explore themes of well-being and identity, reclaiming confidence and self-trust, how firms can better support their people, and the ways serving others can strengthen personal well-being.

Beyond offering CLE credit, the Institute aims to:

- Normalize conversations around lawyer wellness
- Foster meaningful connections within the legal community
- Introduce alternative, evidence-based therapies
- Provide practical, sustainable tools for well-being in everyday life

"After almost 40 years as a lawyer, I am pleased that attorney wellness has become both a value and a priority of the legal profession. This was not always the case as, sadly, I have seen my share of emotionally and physically burned-out colleagues over the years," remarks **VLF Vice President of CLE Karl Doss**. "Our Wellness Institute aims to help attorneys better understand the stressors they face and provide them with tools to be healthier individuals, which benefits clients and the profession as a whole."

The inaugural Wellness Institute was recognized with the Award for Excellence in Wellness & Well-Being in the Legal Profession by the Virginia State Bar in 2024. Building on that success, the VLF looks forward to thoughtfully expanding this year's program to serve up to 100 participants, amplifying its impact while preserving the personal, transformational experience that defined its beginnings.

Like the 2023 Institute, this year's program will be generously supported by the Virginia Law Foundation's Adam Roush Fund for Wellness. All donations to this fund help to ensure that this Institute is accessible to those who need it most.

Registration will open in late February, and for more event information, including the schedule and details on sponsorships, please visit **vlfwellnessinstitute.org**.



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About the Virginia Law Foundation

The Virginia Law Foundation has provided more than \$30 million in grants since its inception to support law-related projects throughout the Commonwealth that further its mission to facilitate access to justice and promote an understanding of the Rule of Law.

Virginia CLE, the VLF's education division, is the recognized leader in providing continuing education for Virginia lawyers.

The Virginia Law Foundation accepts donations year-round and guarantees that 100% of every unrestricted donation is allocated to the grants program. Its two designated funds include the Bobzien-Gaither Education Fund, which supports ongoing continuing legal education and engagement, and the Adam Roush Fund for Wellness, which supports wellness programming and equitable access to well-being resources for legal professionals.

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