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## msk's wellness program featured in *the american lawyer*

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*The American Lawyer*

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**attorneys**

David S. Rugendorf

*The American Lawyer* recently spotlighted Mitchell Silberberg & Knupp's innovative wellness program in the article, "Why One California Firm Invested Thousands in Attorney Wellness and Biometric Screening."

The feature highlights how the first-of-its-kind wellness program is transforming the way the firm supports its attorneys and staff. After the success of the pilot, the program expanded in August 2025 and combines full-spectrum metabolic testing, fitness coaching and stipends, nutrition counseling, group education sessions, and supplementation with a holistic, science-backed strategy to improve both individual lives and the firm's collective health.

*From the article...*

[David] Rugendorf said he lost nearly 25 pounds during the six-month program, and added, "my skin, cholesterol, blood sugar and digestion all improved, and my energy and sleep are so much better as well."

Pam Burchette, a practice support coordinator who has worked at Mitchell Silberberg since 2006, said she joined the program in part to address her weight, high blood pressure and other chronic health conditions. "I have a family and I wanted to be around for them," she said. "It was successful, I am successful, I'm still going, it's not like the pilot ended and I'm done."

Burchette said she lost 45 pounds and "gained something even more important, an understanding of what my body actually needs to thrive."

Communication and teamwork were key parts of the initiative; Rugendorf said he and his fellow health buffs in the program frequently swapped recipes, tips on grocery shopping and meditation. "If everyone is so burdened by the cost of healthcare, the best way to get control is to make radical changes to make people healthier," he said, adding, "it is such an obvious, positive choice."



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