

The Wellness Institute

MAY 4, 2026

THE BARNS AT WOLF TRAP



Virginia Law Foundation
Virginia CLE®

About the Institute

The Wellness Institute is a dynamic, solution-oriented forum designed to support lawyers and judges in navigating common stressors that are part of the profession. Through immersive and experiential programming, it equips legal professionals with well-being tools that can be used in their careers and, more importantly, their lives.

Established in 2023, this Institute aims to normalize conversations around wellness, connect members of the legal community with each other, and most importantly, provide tangible strategies for sustaining well-being in the real world.

*Helping those who serve others feel better, stronger,
less stressed, more complete, and more alive while doing so.*





Serving the Whole Person

The 2026 Institute prioritizes the lawyer as a person first and provides restorative experiences and resources to inspire renewal, kindness, and service. Through conversations with experts and peers, the program explores 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.

Set against the inspiring backdrop of Wolf Trap—the only national park dedicated to the performing arts—this year’s program offers enriching continuing legal education and interactive sessions on nutrition, sleep, meditation, and movement.



*In a profession that demands your all,
you deserve to be whole.*



Sponsor the Wellness Institute

Sponsor the 2026 Wellness Institute and **experience powerful marketing benefits, network with leaders, and align your business** with Virginia's leading continuing legal education provider. Plus, your sponsorship helps to eliminate a frequent barrier to wellness and demonstrates your commitment to the legal community.

Support those who are supporting others.





Benefits

	Gold Sponsor \$2,500	Silver Sponsor \$2,000	Bronze Sponsor \$1,500	Advocate \$1,000
Complimentary registrations to the Institute	4	3	2	2
Logo on event signage and materials				
Acknowledgment from the podium during the opening and closing remarks				
Mention on VLF social media				
Logo in Virginia CLE marketing emails for the Institute				
Opportunity to include a one-page letter or brochure in the Institute materials				

*When attorneys are well, everyone benefits—
and your support makes that possible.*

The Adam Roush Fund for Wellness

To honor and preserve his spirit of service, the Virginia Law Foundation established the Adam Roush Fund for Wellness in 2022. **Gifts to this fund directly offset the costs of hosting the Wellness Institute**, expanding access and ensuring that more attorneys can participate in this important program without financial barriers. Another way to support this Institute is by making an entirely tax-deductible contribution to this fund. All donors will be recognized on the Virginia Law Foundation's website and in the Institute materials.

*Promote a legal community
of sound mind and body.*



Let's partner!

*To confirm your sponsorship
or learn more, connect with*

KATIE ARATA

Vice President of Marketing, Development, and Philanthropy

karata@vacle.org

434.956.4850

