



Day/Date: Monday, December 20, 2021

Time: 12:00 pm – 1:00 pm

Title of Program: Making Healthy Habits Happen

CLE: 1.0, No Ethics

Register: https://www.tcdla.com/TCDLA/Events/Event_Display.aspx?EventKey=P122021

Overview: The presentation includes how to ease into exercise, but also covers eating and mindfulness. Lawyers often struggle with basic health. An inordinate number of lawyers fail to get recommended amounts of sleep and exercise, and fall prey to bad habits. This program looks at the research on lawyer health, suggests strategies to implement long-term change, and offers resources and guidance for a variety of lawyer health challenges.

Speaker: Erica Grigg

Since receiving her JD from The University of Texas School of Law and her law license in 2001, Erica Grigg has gained work experience as a criminal prosecutor; general counsel in the Texas Legislature; Special Assistant to the Chancellor of Texas Tech University; and as a personal injury, civil rights, and wrongful death litigator at Spivey & Grigg, LLP. She has appeared on HLN and CNN for commentary regarding her involvement in high-profile civil rights cases. Erica is currently pursuing a master's degree in Clinical Mental Health. She is Director at the Texas Lawyers' Assistance Program where she helps connect judges, lawyers, and law students to the mental health and substance abuse recovery resources they need. Erica attended the 2018 Academy Awards for her role as plaintiff's counsel in an Oscar nominated HBO short documentary, *Traffic Stop*.