



Events

Megan Mathias to Participate in Health, Wellness & Maintaining High Performance CLE

April 28, 2024

Defined Training, Chicago, Illinois

Chicago-based partner Megan Mathias will be participating in the "Health, Wellness & Maintaining High Performance" CLE panel discussion organized by the Women's Bar Association of Illinois (WBAI) on April 28, 2024, in Chicago, Illinois. The panel will discuss the importance of maintaining health and wellness in the legal profession, followed by a workout session with the Lunge Ladies at Defined CrossFit in Lakeview.

Megan is a highly dedicated individual who is passionate about empowering people. She was inspired by her CrossFit coach to pursue powerlifting and Olympic weightlifting and has achieved Illinois state records in powerlifting in 2023 and 2024. Megan has also qualified for an Olympic national weightlifting competition in April 2024. Her unwavering determination in every lift, case, and precious moment with her family demonstrates that anything is achievable with the right mindset.

For more information and to register, [visit the WBAI's website](#).

Attorneys

Megan Lopp Mathias