



Eastern Alameda County Bar Association

“Pivoting Past the Pandemic: Work-Life Balance for Legal Professionals”

Presented By

Lita Abella of The State Bar of CA

Lita Abella is a Senior Program Analyst at The State Bar of CA, where she conducts outreach and is an MCLE presenter for the Lawyer Assistance Program (LAP). LAP assists law students, bar exam applicants and attorneys with substance abuse and mental health issues. Prior to that, Lita worked as an investigator in the Office of the Chief Trial Counsel where she investigated and assisted in the prosecution of attorneys for misconduct. Lita has been with the State Bar for 10 years.

Beginning in 1980, Lita served with the Los Angeles Police Department for 20 years, breaking many glass ceilings as a female and a minority.

Lita has also been a fitness instructor and health and wellness consultant for 23 years.



When : Thursday, November 17th, 2022 at 12:00pm

Where: Wherever You Are – Virtual Webinar w/ Zoom link sent upon RSVP

Who: Legal Professionals Seeking Information on Work-Life Balance

Please RSVP no later than Wednesday, November 16th at 5 PM
to EACBAlaw@gmail.com.

EACBA certifies it is a State of California approved MCLE provider. (No. 3423)