



Penny F. Helgren

ATTORNEY, ASSOCIATE

“Highly regarded for her extensive expertise in workers’ compensation law and regulation, Penny is a frequent lecturer for employers, insurers and third-party administrators.”

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ABOUT

With a career spanning nearly forty years, Penny practices exclusively in the area of workers’ compensation defense. Earning her undergraduate degree from the University of Michigan in 1993 and her J.D. from the University of Toledo College of Law in 1986, Penny joined Brown & Carlson in 1997, following five years working with another firm. The story since then has unfolded notably.

Her three decades of working with Brown & Carlson are highlighted by recognition including the highest Martindale Hubbell Rating of AV Preeminent. Highly regarded for her extensive expertise in workers’ compensation laws and regulations, Penny is a frequent lecturer for Employers, Insurers and Third-Party Administrators. Outside the office, Penny finds great fulfillment in exploring the world and cherishing time with friends and family.

CREDENTIALS

- University of Michigan, B.A. History and Political Science, 1983
- University of Toledo College of Law, J.D., 1986
- Bar Admissions: Minnesota, 1986

NOTABLES

Martindale Hubbell Rating: AV Preeminent.

American Jurisprudence Award in Trusts and Estates — 1985

ASSOCIATIONS

- Minnesota State Bar Association
- Hennepin County Bar Association
- Minnesota Women Lawyers Association

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