



Allan S. Friedland

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Practices

Employee Benefits

Services

Coronavirus Aid, Relief and
Economic Security
(CARES) Act

Industries

Education

Widener University
J.D., 1982

University of Pennsylvania
B.S., 1977

Admitted to Practice

- Connecticut, 1992
- New Jersey, 1985
- Pennsylvania, 1982

Allan Friedland is a Principal in the Hartford, Connecticut, office of Jackson Lewis P.C. He has over 25 years of employee benefit and tax experience, both in private practice and with a major insurance company.

Mr. Friedland advises private and public employers on a wide range of retirement and health and welfare plan tax compliance issues and related ERISA fiduciary and employment law matters. He has extensive experience with health and welfare plans, including COBRA compliance, implementation, administration and termination of qualified defined benefit and defined contribution plans (including 401(k) and profit-sharing plans), as well as the design and tax aspects of deferred compensation plans for executives. Mr. Friedland also provides defined benefit and defined contribution plan drafting and governmental agency submission and representation services.

Professional Associations and Activities

- American Society of Pension Professionals & Actuaries
- National Institute of Pension Administrators