



Contact Henry  
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#### Area(s) of Practice

Workers' Compensation

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## HENRY S. JAROS

Henry specializes in workers' compensation and organizes his practice around providing hand-tailored defense solutions to Insurance Companies and Employers. Henry practices in Iowa, Nebraska, Missouri, and Kansas, and has defended workers' compensation claims across the mid-west. Henry is particularly interested in the over-lap between workers' compensation matters and employment law, and enjoys providing Employers with the tools and resources they need to successfully navigate situations where both workers' compensation and employment questions are at issue.

Henry graduated Cum Laude from the University of Dallas with a Bachelor of Arts in Politics and a minor in Art History. Henry went on to pursue a Juris Doctor from the University of Nebraska College of Law. During his time in law school Henry focused his studies on employment law and practical litigation course work.

In his free time, Henry enjoys spending time with his wife and daughter, watching Formula 1, and cheering for the Kansas City Royals.

**Admitted to practice in:** State of Nebraska; State of Iowa; State of Missouri; State of Kansas

**Juris Doctor**, with distinction, University of Nebraska College of Law, 2023

**Bachelor of Arts in Politics**, Cum Laude, University of Dallas, 2020

#### Professional Affiliations

- Nebraska State Bar Association
- Missouri State Bar Association
- Omaha Bar Association

#### Special Distinctions

- CALI Award for Excellence - Workers' Compensation, University of Nebraska College of Law
- CALI Award for Excellence - Damages and Remedies, University of Nebraska College of Law