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Ms. Ahrend is a partner whose practice is focused on workers' compensation. She earned both her undergraduate and law degrees at the University of Oklahoma.

She shares her expertise with clients and the community in a variety of ways, such as a speaking engagement before adjusters at Nationwide Agribusiness and Claims Management, Inc., where she made a presentation regarding recent changes in workers' compensation law.

She is a member of the Oklahoma Bar Association, Oklahoma County Bar Association, and Oklahoma Association of Defense Counsel.