

Heather D. Froy
Sadow & Froy
400 Galleria Parkway
Suite 1500
Atlanta, GA 30339
770-984-8900
770-984-0980 (fax)
hfroy@sadow-law.com
www.sadowworkerscomplaw.com

Heather Froy is a partner at the law firm of Sadow & Froy, a boutique law firm that specializes in workers' compensation. Heather graduated with Honors from the University of Georgia with a degree in Political Science in 2000. She received her Juris Doctor degree from Georgia State University College of Law in 2004.

Ms. Froy sits on the Foundation Board of the Georgia Association for Women Lawyers and is on the Board of Directors for Kids Chance of Georgia. She has organized fundraisers to provide scholarships for the children of catastrophically injured workers in Georgia. In 2018, Ms. Froy was nominated for the University of Georgia's Top 40 Under 40. Ms. Froy is a volunteer for the Special Olympics and is co-chair for this year's Party in the Kitchen, the signature fundraiser for Open Hand Atlanta.

Ms. Froy was selected as a Georgia Super Lawyer Rising Star in 2018 and 2019 and a Georgia Super Lawyer in 2024 and 2025. In addition, she was selected by Best Lawyers in America as "Ones to Watch" in 2021. Ms. Froy has earned the AVVO Client Champion Award from 2020 to 2022. Ms. Froy is also a member of both WCCL and WILG, groups that advocate for the rights of injured workers.

Ms. Froy has one son, Carson, and a stepdaughter, Reagan. She is married to Matt Rycyk, an FDA regulatory consultant. Ms. Froy loves to travel, play golf, and try new restaurants throughout Atlanta.