

# Cara R. Cook

## Attorney at Law

OFFICE Wilmington, NC

PHONE (910) 216-4397

FAX (910) 509-9630

EMAIL [ccook@hedrickgardner.com](mailto:ccook@hedrickgardner.com)

[www.HedrickGardner.com](http://www.HedrickGardner.com)



### **PRACTICES**

Workers' Compensation

### **EDUCATION**

J.D., Wake Forest University  
School of Law, 2022

B.A., Political Science, East  
Carolina University, 2019

### **BAR AND COURT ADMISSIONS**

North Carolina State Bar

### **HONORS**

Board Member of the Year,  
*Wake Forest Journal of Business  
and Intellectual Property Law*

Cara Cook relentlessly helps each client reach their goals. Whether that involves utilizing her ability to craft persuasive legal arguments or engaging directly with clients in a diligent and responsive matter, Cara is intent on producing the best outcome possible as a workers' compensation attorney in Hedrick Gardner's Wilmington office.

Cara attended Wake Forest University School of Law where she earned her JD and served as Managing Editor of the Wake Forest Journal of Business and Intellectual Property Law. She also participated in the Environmental Law Society and Environmental Law & Policy Clinic. Her experience includes an externship in DC at the U.S. Court of Appeals for the Federal Circuit and an internship at the U.S. District Court for the Western District of North Carolina, where she drafted court documentation and acquired familiarity with numerous areas of law, including veterans' law, government contracts, patents, and international trade.

During her free time Cara hikes, explores the Appalachians, and loves checking out new restaurants and local concerts.

### **PROFESSIONAL AND CIVIC INVOLVEMENT**

Wake Forest University:

Managing Editor, Wake Forest Journal of Business and Intellectual Property Law

Legal Analysis, Writing, & Research | Teaching Assistant

SME Sustainability Teaching Assistant

Academic Chairman, Phi Alpha Delta

First Generation Professionals

Environmental Law Society & Environmental Law and Policy Clinic