



FOR IMMEDIATE RELEASE

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CNA ANNOUNCES 2010 SCHOOL OF RISK CONTROL EXCELLENCE COURSE CATALOG ***More than 200 courses offering ways to prevent workplace accidents.***

CHICAGO, January 25, 2010 – CNA recently announced its 2010 School of Risk Control Excellence (SORCE) catalog of more than 200 courses designed to help business owners and managers incorporate workplace safety and prevent accidents. Held via in-person seminars, webinars or online training sessions to accommodate participants' business schedules and geographic needs, courses are created for a variety of business industries and offered free of charge to CNA agents and customers.

"CNA has been an excellent source of information for my company and the (SORCE) classes have been key tools in helping my employees grow," said Kenny Edwards, Corporate Safety Manager/Waste Management Director for RA-LIN and Associates, Inc., a general contracting firm. "With the help of CNA, our compliance has risen, creating a safer work environment for every employee in my company."

This year, 28 new courses were created based on feedback from CNA agents and clients. New course topics include: Claim 101, Crime Series (featuring Personal Safety and Physical Security Practices, Privacy and Security Protection and Product Theft Prevention), Driver Distractions and Selection, Fleet Safety for Drivers, Healthcare – Privacy and Computer Network Security Risks, Managing Slips, Trips and Falls in the Real Estate Industry, Negligent Entrustment and Risk Transfer for General Liability.

Since its inception in 2005, the CNA School of Risk Control has reached more than 30,000 attendees. Most courses are eligible for .3 CEUs from the International Association for Continuing Education and Training and can be co-branded with various insurance agencies. Specific courses are also available in Spanish. For additional information about CNA Risk Control and its School of Risk Control Excellence course listings and descriptions, visit www.cna.com/riskcontrol or call 866-262-0540.

Serving businesses and professionals since 1897, CNA is the country's seventh largest commercial insurance writer and the 13th largest property and casualty company. CNA's insurance products include standard commercial lines, specialty lines, surety, marine and other property and casualty coverages. CNA's services include risk management, information services, underwriting, risk control and claims administration. For more information, please visit CNA at www.cna.com. CNA is a registered trademark of CNA Financial Corporation.

FORWARD-LOOKING STATEMENT

This press release may include statements which relate to anticipated future events (forward-looking statements) rather than actual present conditions or historical events. These statements are made pursuant to the safe harbor provisions of the Private Securities Litigation Reform Act of 1995 and generally include words such as "believes", "expects", "intends", "anticipates", "estimates", and similar expressions. Forward-looking statements, by their nature, are subject to a variety of inherent risks and uncertainties that could cause actual results to differ materially from the results projected. Many of these risks and uncertainties cannot be controlled

by CNA. For a detailed description of these risks and uncertainties please refer to CNA's filings with the Securities and Exchange Commission, available at www.cna.com.

Any forward-looking statements made in this press release are made by CNA as of the date of this press release. Further, CNA does not have any obligation to update or revise any forward-looking statement contained in this press release, even if CNA's expectations or any related events, conditions or circumstances change.

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