



John J. Bostanzoglou

Associate Attorney

Phone: (916) 441-4065

Fax: (916) 441-7067

Email: JBostanzoglou@lflm.com

Physical Address: One Capitol Mall, Suite 400, Sacramento, CA, 95814

John J. Bostanzoglou is an Associate Attorney in our Sacramento office. He joined LFLM in 2021. Mr. Bostanzoglou has been involved in workers' compensation practice since 2016 and has provided numerous trainings on workers' compensation topics. His current practice involves representing insurance carriers, employers, government agencies and third-party administrators in all areas of state workers' compensation defense, including Labor Code §132(a) discrimination claims and Labor Code §4553 Serious & Willful claims.

Mr. Bostanzoglou was born and raised in San Mateo County and has called Sacramento home for the last fifteen years. He is a graduate of UC Davis and Lincoln Law School of Sacramento. He is married with children, a lifelong SF Giants fan and enjoys spending time with his family, outdoor activities and collecting sports & comic/sci-fi memorabilia.

Practice Areas

- Workers' Compensation Defense
- Labor Code §132a Discrimination
- Labor Code §4553 Serious and Willful Misconduct

Admitted to Practice

- The State Bar of California, 2015

Education

- Lincoln Law School of Sacramento, Juris Doctor, 2015
- UC Davis, Bachelor of Arts in Philosophy, 2005