Vince Callahan

Benefit Specialist





Service with Integrity Since 1928

Group Employee Benefit Strategies

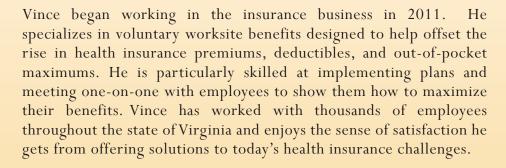
- Health
- Life
- Disability
- Dental

Worksite Benefits

- Hospitalization
- Accident
- Cancer
- Critical Illness
- Short-Term Disability
- Life

The Frieden Agency

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Vince joined the Frieden Agency in 2017. His ultimate goal is to make employee benefits as easy and understandable as possible on both employers and employees so that he can ease his clients' concerns about their group health insurance.

As a native of Norfolk, VA and a graduate of Old Dominion University, Vince can be found enjoying the outdoors with his wife Meredith and yellow lab, Groomer, when he's not at work. In the summer, he is on his boat exploring the Chesapeake Bay and spends winters searching for big mountains and fresh powder.

Vince is an active member of Sacred Heart Church.

