



News Release

For Immediate Release

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Midlands Selected as Endorsed Workers' Comp Program Provider for Oklahoma Restaurant Association

Oklahoma City, OK – July 1, 2010 – Midlands Management Corporation (www.midlandsmgt.com) announced that it has been officially selected as the endorsed workers' compensation program provider for members of the Oklahoma Restaurant Association (ORA).

In choosing Midlands as its endorsed workers' compensation program provider, ORA Insurance Committee Chairman Ned Shadid and ORA President Jim Hopper noted that the ORA Board of Directors interviewed seven major workers' comp providers in its search for the highest quality workers' comp program for association members. "The clear choice was Midlands Management Corporation based in Oklahoma City," they said. "Midlands was established in Oklahoma City 20 years ago and remains a dominant force in workers' comp insurance today."

"We're proud to have been selected by the Oklahoma Restaurant Association," said Charles Caldwell, President and CEO of Midlands Management Corporation. "We look forward to offering an exceptional workers' compensation program that provides competitive rates and high-quality workers' compensation services. The program is available for both ORA members and non-member Oklahoma restaurants."

Workers' compensation insurance will be provided by the PMA Insurance Group as well as other select carriers who are rated "A-" or higher by A.M. Best.

The Oklahoma Restaurant Association is the trade association of restaurants and foodservice operations, the state's largest private industry employer. Representing more than 4,000 restaurants and members, ORA membership's objective is "to do together for the industry what cannot be done individually".

ORA members, non-member Oklahoma restaurants, and agents and brokers seeking more information should contact Don Glaspey, Executive Vice President of Marketing at Midlands Management Corporation at 405-840-0074, dwglaspey@midman.com.

About the PMA Companies

The PMA Companies (www.pmacompanies.com) provides risk management solutions and services, including workers' compensation and property & casualty insurance, throughout the United States. Headquartered in Blue Bell, PA, the PMA Companies are the operating companies of PMA Capital Corporation (NASDAQ: PMACA), a holding company that includes the PMA Insurance Group, specializing in workers' compensation and other commercial property & casualty insurance products; PMA Management Corp. and PMA Management Corp. of New England, providing results-driven risk management services; and Midlands Management Corporation, a managing general agent with a specialty in excess workers' compensation, program administration and third party administration services.

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