

# PEGALIS LAW GROUP, LLC

Medical  
Malpractice  
Attorneys

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[pegalislawgroup.com](http://pegalislawgroup.com)

November 2020  
*News You Can Use*



## Pegalis Law Group Attorneys Recognized by Super Lawyers®

Pegalis Law Group, LLC is proud to announce that all seven of our attorneys have been recognized by *Super Lawyers®* for 2020. No more than five percent of attorneys in New York are named to the competitive *New York Metro Super Lawyers®* list. Read more [here](#).

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## Pregnancy & Infant Loss: Tips for Having a Safer Pregnancy

The loss of a baby during pregnancy is not something anyone wants to think about, but it's a sad reality for many families. As many as 24,000 babies are stillborn every year in the United States alone. While the causes of infant loss during pregnancy aren't always apparent, there are steps you can take to ensure a safer pregnancy for you and your little one. Read more [here](#).

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## Five Foods to Improve Your Immune System

Your body's immune system is responsible for fighting off illnesses—something many people are concerned about during the current global



## Pegalis Law Group Named to "Best Law Firms" list for 2021

We are honored to announce that *U.S. News & World Report* and *Best Lawyers®* has

pandemic. Getting enough sleep at night, keeping up-to-date on health exams and vaccinations, exercising, taking vitamins and supplements, and eating a well-balanced diet are all ways you can improve your immune system. Read more [here](#).

named Pegalis Law Group, LLC to its 2021 "Best Law Firms" list. Pegalis Law Group has been consistently recognized to the "Best Law Firms" list every year, since its inception in 2010. Read more [here](#).

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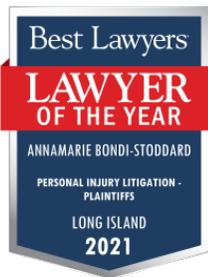


### Contact Us

We cherish our client and colleague relationships. When you or a family member are concerned about medical care received, ask for a legal consultation swiftly. Time is often limited. **PLG attorneys are directly available at 516-684-2900 or via [email](#).** We are fluent in English, Spanish, and Russian.

# PEGALIS LAW GROUP, LLC

ADVOCATES FOR VICTIMS OF MEDICAL NEGLIGENCE & PERSONAL INJURY



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