

# PEGALIS LAW GROUP, LLC

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Malpractice  
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## January 2021 *News You Can Use*



### Five New Year's Health Resolutions You Can Actually Keep

Traditionally, the most popular New Year's resolutions include setting goals for better financial, mental, and physical health. However, many have trouble keeping their resolve. For five New Year's health resolutions you can actually keep, read [here](#).

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### National Birth Defects Prevention Month

January is National Birth Defects Prevention Month, and the theme this year is "Best for You. Best for Baby." Doing what's best for you is also beneficial for your unborn baby's health because the two of you are irrevocably linked. Click [here](#) to discover tips for preventing birth defects and things to discuss with your healthcare provider during pregnancy and even before becoming pregnant.

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### In The News

Congratulations to our Managing Partner, Annamarie Bondi-Stoddard! She has been featured in *The Top 100 Registry's* "2020 Top 100 Lawyers Magazine"! Click [here](#) to learn more about Annamarie.

[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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