

## **November 2021 News Roundup**

*News You Can Use*



### **Five Ways to Make Your Thanksgiving Feast Healthier**

It's estimated that the average Thanksgiving dinner plate contains 3,000 calories or more. And that's just one plate! If you're looking for ways to make your Thanksgiving feast less about gluttony and more of a celebration of living a healthy lifestyle this year, read our article [here](#).

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### **Helpful Tips to Quit Smoking**

Every year, smoking leads to an estimated 480,000 deaths. No matter how long you've been a smoker, it's never too late to quit. People who stop smoking enjoy immediate health benefits as well as minimized long-term health risks. However, quitting smoking can be challenging without a plan of attack and a support system. For helpful tips for beginning a new smoke-free life, click [here](#).

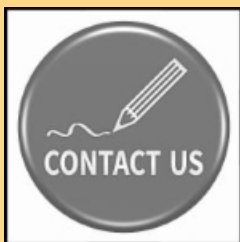
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**Pegalis Law Group Named to "Best Law Firms" list for 2022**

We are honored to announce that *U.S News & World Report* and *Best Lawyers®* has named Pegalis Law Group, LLC to its 2022 "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.

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