

December 2022 News Roundup *News You Can Use*

[Pegalis Law Blog](#)



[Five Facts About the Flu Vaccine](#)

The second week of December is National Influenza Vaccination Week, a time to reflect on how important it is to get the annual flu shot to protect yourself and loved ones from severe illness. Although the Centers for Disease Control and Prevention (CDC) urges people six months and older to get their flu shots by the end of October, it's never too late to get one. Winter ushers in colder temps and marks the official beginning of cold and flu season for many communities. **In this article**, Pegalis Law Group, LLC examines five facts about the flu vaccine to educate people who are on the fence about the effectiveness of getting an annual flu shot.

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[Debunking the Stigmas Around Invisible Disabilities](#)

December 3 is International Day of Persons With Disabilities, and this year's theme is Not All Disabilities Are Visible. Many disabilities are invisible, but that doesn't make them any less devastating to a person's quality of life. Common examples of invisible disabilities include mental health disorders, diabetes, PTSD, cognitive dysfunction, and sensory processing disorders. Whether you're aware of it or not, you likely know multiple people living with one or more of these chronic conditions or illnesses. **In this article**, Pegalis Law Group, LLC debunks several stigmas surrounding invisible disabilities and shares how you can become an ally for those living with them.

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**Pegalis Law Group, LLC Congratulates
Annamarie Bondi-Stoddard, Esq.
for Her Inclusion to the Leadership in Law Awards**

Pegalis Law Group, LLC is proud to announce that our Managing Partner, Annamarie Bondi-Stoddard, has been recognized by *Long Island Business News* in their Leadership in Law Awards. The Leadership in Law Awards recognizes dedicated individuals whose leadership, both in the legal profession and in the community, has had a positive impact on Long Island. Congratulations Annamarie!

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Robert V.
Fallarino, Esq.

Gary M.
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Josh H.
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"Thanks to you and your team, my son is getting the care he deserves."

-Mr. S. and Family

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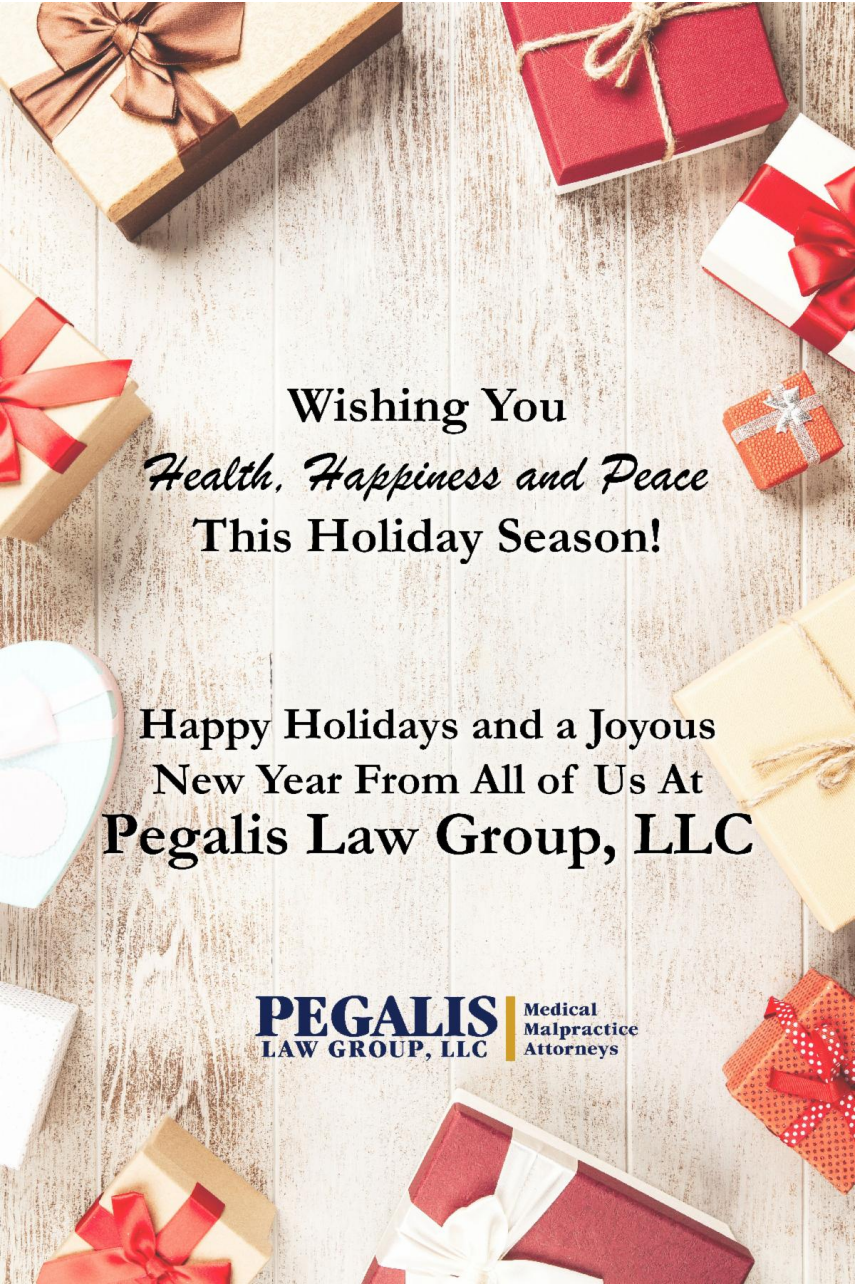
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We cherish our client and colleague relationships. When you or a family member are concerned about medical care received, ask for a legal consultation swiftly. Time is often limited. PLG attorneys are directly available at 516-684-2900 or via [email](#).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



Wishing You
Health, Happiness and Peace
This Holiday Season!

Happy Holidays and a Joyous
New Year From All of Us At
Pegalis Law Group, LLC

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From all of us at Pegalis Law Group, we'd like to
wish you and your loved ones a safe and
Happy Holiday Season!

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