

## **November 2022 News Roundup** *News You Can Use*

### Pegalis Law Blog



#### **Five Ways to Make Your Holiday Meals Healthier**

'Tis the season for gathering with good friends and family to celebrate the holidays. The star of many holiday celebrations is the food, as people gather around the table to enjoy each other's fellowship over a pleasant meal. The average American gains 1-5 pounds between Thanksgiving and New Year's. In honor of November being Diabetes Awareness Month, Pegalis Law Group, LLC examines ways to make your holiday meals healthier for everyone in the family [here](#).

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#### **Tips for Having Safer Pregnancies to Prevent Premature Births**

One out of every 10 babies (400,000 in the United States annually) is born preterm or before the normal 37-40 weeks of pregnancy. Because babies born premature miss out on significant growth and development occurring in the last weeks of pregnancy, premature births are among the leading causes of infant mortality and often lead to short- and long-term health problems. November is the March of Dimes' Prematurity Awareness Month, a time to consider what can be done to prevent premature births. Pegalis Law Group, LLC examines ways you can have safer pregnancies to hopefully prevent more premature births from occurring [here](#).

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### In The News

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firm for Plaintiffs' Personal Injury Litigation and Plaintiffs Medical Malpractice. Achieving a tiered ranking signals a unique combination of quality law practice and breadth of legal expertise. Pegalis Law Group has been consistently recognized to the "Best Law Firms" list every year, since its inception in 2010. To view our full news release, click [here](#).

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**Steven E.  
Pegalis, Esq.**

**Annamarie  
Bondi-Stoddard, Esq.**

**James B.  
Baydar, Esq.**

**Sanford S.  
Nagrotsky, Esq.**



**Robert V.  
Fallarino, Esq.**

**Gary M.  
Nielsen, Esq.**

**Isabel C.  
Mira, Esq.**

**Josh H.  
Kardisch, Esq.**

"Dear Pegalis Law Group, LLC, I would like to thank you for a good job with my case. I am quite happy with the results.  
Thank you."

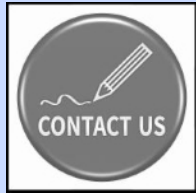
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## PEGALIS LAW GROUP, LLC

**ADVOCATES FOR VICTIMS OF MEDICAL NEGLIGENCE &  
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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.

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