



**PYRROS & SERRES LLP**  
ATTORNEYS AT LAW  
718-626-7730

## The Attorneys at Pyrros & Serres LLP Celebrate American Heart Month

**February is American Heart Month!**



Stress at work can take a toll on your physical health. It raises your blood pressure and increases your risk of heart disease.

Fortunately, living a healthier lifestyle can go a long way when it comes to preventing heart disease. Even making just a few small changes can reduce your risk of having a heart attack.

This February, we want to raise awareness and remind all of our clients of the importance of staying healthy year-round! The American Heart Association offers a few tips to help keep your heart healthy.

### **Heart Health Tips:**

Eat Healthy  
Stay Active

Watch Your Weight  
Quit Smoking  
Control Your Cholesterol  
Lower Your Blood Pressure  
Drink in Moderation  
Manage Stress

Did you know that in some cases, heart attacks can be considered for workers' compensation? While stress-related claims can be difficult to prove, remember that we are here to help.

If you or someone you love has recently suffered from a heart attack, call 718-626-7730 to reach our office for legal assistance. We can help you determine the best course of action for your case.

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Sincerely,  
The Attorneys and Staff at Pyrros & Serres, LLP