

Your September Message From Attorney Paul Hernandez



Kalfus & Nachman
 INJURY AND DISABILITY LAWYERS

Dear Valued Clients,

We are truly overwhelmed with gratitude as we write this note to express our heartfelt thanks to each and every one of you who has taken the time to share your experiences with Kalfus & Nachman Personal Injury Firm on Google Reviews.

Reaching over 1,000 Google Reviews is a milestone we could not have achieved without your trust and support. Your feedback, insights, and kind words have not only motivated us but also helped us grow and improve our services over the years. We are deeply honored to have had the privilege of serving you and advocating on your behalf.

Your reviews have not only given us valuable feedback but have also empowered others in our community to make informed decisions when seeking legal representation. Knowing that you have taken the time to share your positive experiences speaks volumes about the trust you have in us, and we take that trust very seriously.

At Kalfus & Nachman, our commitment to providing compassionate and dedicated legal assistance to those in need remains unwavering. Your reviews inspire us to continually raise the bar and deliver excellence in every case we handle.

As we celebrate this significant milestone, we want you to know that our dedication to your well-being and achieving the best possible outcomes for your personal injury cases remains our top priority. Your trust has fueled our passion for justice, and we are eager to continue serving you and the community with the same level of commitment and diligence.

Once again, thank you for your unwavering support and for being an essential part of our journey. We look forward to continuing to serve you and making a positive impact in your lives.

Thank You.

Kalfus & Nachman, PC
 www.kalfusnachman.com

Saying Thank You is Good for You

While most people know that saying "thank you" is nice, they probably don't realize all the concrete benefits of being grateful. Psychologists have done quite a bit of research on the effects of gratitude.

[Click Here to Read More](#)

Sports Injuries and Children

Fall means a return to sports in schools and towns across the country. Statistics show that over 3.5 million children and teens suffer injuries from playing sports. Where and how do most injuries occur?

[Click Here to Read More](#)



The month of August was a big one in RVA. We celebrated 50 years of custom motorcycles with Departure at their block party complete with motorcycle stunts, live music, nitro methane drag demonstration, and a custom bike show. We are also sharing our love of motorcycles in this year's Motorcycle Caravanal Run with Departure by sponsoring their build of a 1926 Harley Davidson that will be ridden from Virginia Beach to Oceanside, California competing against similar motorcycles nearly 100 years old. The passion and commitment to mechanical mastery is evident in the crew at Departure.



Participate in our monthly contest and like us on FACEBOOK

Pumpkin Spice is BACK!!!!

Pumpkin Pie Smoothie

Ingredients:

- 1 medium frozen banana
- 1/2 cup Pumpkin Puree - fresh or canned
- 1/2 teaspoon cinnamon
- 1/2 teaspoon ginger
- 1 tablespoon almond butter
- 1/2 cup almond milk
- 1/2 teaspoon vanilla extract
- 2 tablespoons old-fashioned rolled oats, optional

Instructions:

- Place all the ingredients in the blender and blend until smooth. Add more almond milk if too thick to your liking or some ice cubes for a frothier texture.
- Serve with a pinch of cinnamon, crushed almonds, and a drizzle of peanut butter.

Recipe and photo courtesy of [theconsciouskitchen.com](#)

We handle Workers' Compensation Cases

Call us if you have been injured at work!
1-888-Hurtline

Get Personalized Printable Certificate!!!

TAKE THE PLEDGE today and immediately receive your printable certificate
 TAKE THE PLEDGE with your kids, your partner, your friends on your family

ONE TEXT OR CALL COULD WRECK IT ALL

TAKE THE PLEDGE

The fight to end distracted driving starts with you. Make the commitment to drive phone-free today

Distracted driving kills and injures thousands of people each year. I pledge to:

- Protect lives by never texting or talking on the phone while driving.
- Be a good passenger and speak out if the driver in my car is distracted.
- Encourage my friends and family to drive phone-free.

Kalfus & Nachman
 Encourages at Law
 1-800-HURTLINE [Click Here to Take The Pledge](#) **NHTSA**

Thank You FOR YOUR REFERRALS

The highest compliment you can provide to our business is to recommend those colleagues, friends and family whom you feel might benefit from our services. If you know of someone, please feel free to forward our contact information and website (<http://www.kalfusnachman.com>) or let us know directly and we'd be happy to set up a meeting. Thank you.

hrs HAMPTON ROADS SHOW Watch **Legal Matters on WAVY 8 FOX** **OCTOBER 5 & 19** @ 10 am & 11 am

Case by Case on WTKR News **OCTOBER 4 & 18** Channel 3 @ 10 am

Ask an Attorney a Question

Our Offices

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Call 1-888-Hurtline or Visit Us Online www.kalfusnachman.com
 We service Virginia and North Carolina

Need More Info? [CONTACT US](#) →

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