

# THE RUSSO REPORT

## Elevate Your Life: The Crucial Role of Good Health



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**EMPOWER  
YOUR FUTURE**

Taking care of your body and mind *now* sets the foundation for a better future. Just as estate planning ensures your financial well-being, investing in your physical and mental health provides a high quality of life. But taking care of your physical and mental doesn't have to be daunting. There are plenty of ways to stay active that cater to different preferences and fitness levels.

[Click the link below](#) for tips and tricks to stay active at every age. It's never too late or too early to start prioritizing your well-being!

[Read More](#)

## UPCOMING EVENTS

### Estate Planning Seminar

***PROTECT YOURSELF AND YOUR FAMILY!***

Thursday, August 15th  
12:00 - 1:30 pm

Giorgio's Pizzeria  
224 Smithtown Blvd.  
Nesconset, NY 11787

Join Marie Elena Puma, Esq. and Deanna M. Eble, Esq. for their upcoming seminar "Estate Planning: Protect Yourself and Your Family" at Giorgio's Pizzeria in Nesconset.



Marie Elena and Deanna will cover essential Estate Planning documents, Long Term Care & Estate Tax Planning, and Asset Protection for your family.

*Seminar includes a complimentary lunch!*

[Register Now](#)

### Coffee & Conversation Series

***STRONGER WITH AGE:  
EXPERT TIPS FROM A SENIOR TRIATHLETE***



Join us for an invigorating morning as senior triathlete Hilary Topper shares her expert tips on staying strong and healthy as we age.

Whether you're an athlete, a fitness enthusiast, or simply looking to enhance your wellbeing, this session is for you. Learn how to incorporate endurance, strength, and resilience into your daily routine, no matter your age.

We will also answer any questions you have regarding estate planning, elder

law, and special needs planning.

*Includes complimentary coffee and bagels!*

**Russo Law Group - Islandia**  
Tuesday, August 20th  
9:00 - 10:00 am

**Russo Law Group - Garden City**  
Wednesday, August 28th  
9:00 - 10:00 am

[Register for 8/20 in Islandia](#)

[Register for 8/28 in Garden City](#)

## CAREER OPPORTUNITIES



At Russo Law Group, we offer rewarding career opportunities for passionate and dedicated legal professionals. Join Team Russo to make a meaningful impact while working in an environment that values expertise, integrity, and client care.

[CLICK the opportunity below to APPLY TODAY:](#)

- Billing Assistant/Accounting
- Experienced Paralegal Wills, Trusts & Estates (Lido Beach)
- Associate Attorney
- Experienced Trust & Estate Paralegal
- Estate & Elder Law Paralegal

Explore your potential with us and be part of a firm recognized for excellence in elder law, estate planning, and special needs planning.

*Questions? Contact Melanie Castillo at [mcastillo@vjrussolaw.com](mailto:mcastillo@vjrussolaw.com)*

## NEW ON THE BLOG



**Will My Disability Benefits Change When I Turn 65?**

[Read Now](#)



**The Cost of Weight Loss Drugs for Medicare Beneficiaries**

[Read Now](#)



**Seniors and Caregivers: Establish an Emergency Action Plan**

[Read Now](#)



**How Are Social Security Disability Insurance Benefits Calculated?**

[Read Now](#)

**FREE Planning Guides**

[Read Now](#) 

## The Peace of Mind Program

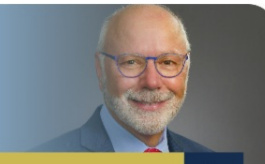
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## In The LEGAL KNOW

with Vincent J Russo, Esq.

Watch Now



## RUSSO LAW GROUP, P.C.

*Estate Planning, Elder Law & Special Needs*



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