

THE *RUSSO* REPORT

Prioritizing Mental Health in a Hyper-Connected World

Aging gracefully depends on more than just physical health. In today's digital era, mental well-being has become a crucial aspect of living a fulfilling life. Social media, news, and continuous online interactions have changed how we live and think. While these platforms provide opportunities for connection, they can also contribute to stress and anxiety.

Staying healthy in our hyper-connected world is about maintaining a positive outlook and coping with life's stresses. With increasing life expectancy, prioritizing mental well-being ensures that the golden years are lived with joy, purpose, and clarity.



By staying active, fostering social connections, eating well, and seeking support when needed, you can ensure that your golden years are characterized by joy, resilience, and purpose.

Remember, it's never too late to prioritize your mental health. By taking proactive steps today, you can pave the way for a brighter, healthier tomorrow.

[Read More](#)

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**EMPOWER
YOUR FUTURE**

MONTHLY UPDATES

Making Strides for Breast Cancer

Join Team Russo as we walk with purpose at the **2024 Making Strides Against Breast Cancer** event at Jones Beach! Mark your calendar for Sunday, October 20th and head to Jones Beach State Park – Field 5. With a rolling start from 7:00 AM to 10:30 AM, we will stride together to make a significant impact in the fight

against breast cancer!



[Learn More](#)

[Join Team Russo](#)

[Join Us Virtually](#)

UPCOMING EVENTS

Estate Planning Seminars

PROTECT YOURSELF AND YOUR FAMILY!

Join us in Nassau and Suffolk counties this October as experienced partners from Russo Law Group cover essential Estate Planning documents, Long Term Care & Estate Tax Planning, and Asset Protection for your family.

Seminars include a complimentary lunch!

Thursday, October 10th
12:00 - 1:30 pm

Mo'nelisa Restaurant
28 Lido Blvd
Point Lookout, NY 11569

[Register Now](#)

Thursday, October 17th
12:00 - 1:30 pm

The Pie at Salvatores
120 E Main Street
Bay Shore, NY 11706

[Register Now](#)

Coffee & Conversation Series

MINDFUL AGING: ENHANCING MENTAL WELLNESS



Russo Law Group - Garden City

Wednesday, October 30th
9:00 - 10:00 am

In today's digital era, mental well-being has become a crucial aspect of living a fulfilling life — especially in your golden years. In this session, Diana Lattanzio, Esq. will share strategies to maintain and enhance mental well-being in our hyper-connected world.

Diana will also answer any questions you have regarding estate planning, elder law, and special needs planning.

Includes complimentary coffee and bagels!

[Register Now](#)

NEW ON THE BLOG



How Artificial Intelligence is Revolutionizing Assistive Technology

[Read Now](#)



The Loneliness Epidemic

[Read Now](#)



Supplemental Security Income (SSI) for Children With Autism

[Read Now](#)



5 Reasons Why SSDI Claims are Denied

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FREE Planning Guides

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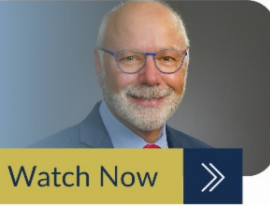
Peace of Mind Program

Join Today



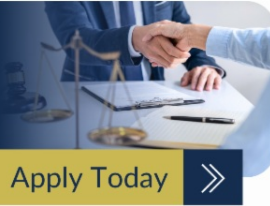
In The LEGAL KNOW with Vincent J Russo, Esq.

Watch Now



Career Opportunities

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Estate Planning, Elder Law & Special Needs



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