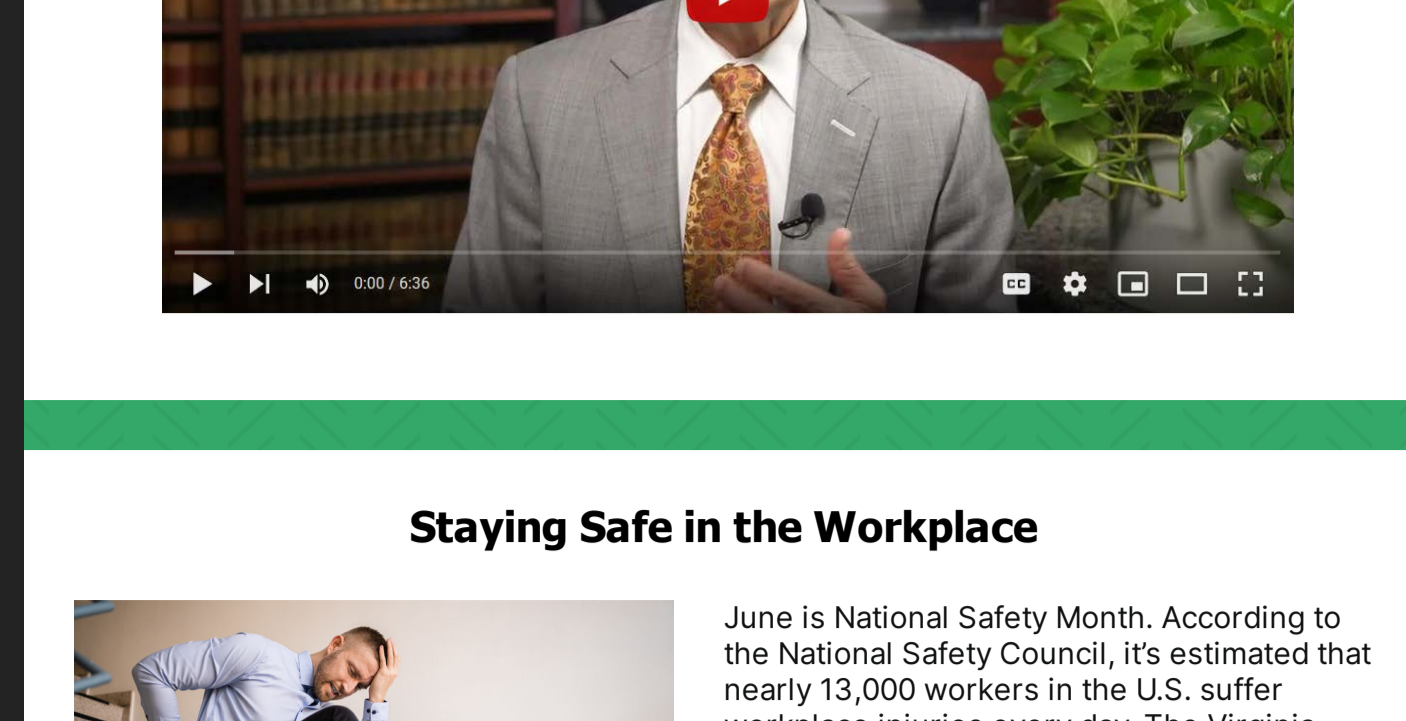


Your June Message From Attorney Paul Hernandez



Staying Safe in the Workplace

June is National Safety Month. According to the National Safety Council, it's estimated that nearly 13,000 workers in the U.S. suffer workplace injuries every day. The Virginia Workers' Compensation Commission's Annual Report for 2020 showed 45,148 major work-related injuries in our state alone.

[Click Here to Read More](#)

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Cooking dinner? Choose someone else to be the Designated Water Watcher!

One study found **HALF OF CHILD DROWNINGS OCCUR BETWEEN 4 AND 6 P.M.** which is the busiest swim time, and when adults may be distracted by meal prep.

Learn more at HealthyChildren.org

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FUN IN THE SUN

WIN WATER PARK TICKETS

Water Park Fun Anyone?

4 LUCKY WINNERS WILL RECEIVE A 4-PACK OF TICKETS TO THE WATER PARK OF THEIR CHOICE!!

OCEAN BREEZE - WATER COUNTRY USA
 H2O B WATER PARK - SOAK CITY WATER PARK

[Click Here to Enter](#)

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ALEX & DANIELLE

Congratulations ON YOUR GRADUATION

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SUMMER BACKYARD WINNERS

Congratulations Father DAY

LOWE'S \$100 GIFT CARD

1 MELISSA G. 4 RONALD W.
 2 LAURIE P. 5 KRISTY M.
 3 JERRY B.

LAW TIGERS
 (MOTORCYCLE LAWYERS)

We have been busy keeping the rubber side down and practicing our skills with Hampton Roads Motorcycle Safety Training and Ride Like a Pro Virginia. It has been a great time of the year to practice our skills and we have taken every opportunity to become better riders and practice the techniques employed at our local riding academies. It was a lot of fun too! The instructors, law and seasoned riders at both of these courses that will help anyone improve their skills and build confidence riding a motorcycle.

Taylor Town Customs threw their annual motorcycle show with the help of the Law Tigers at Hampton Roads Harley Davidson and drew a huge crowd. Motorcycle enthusiasts, builders, and artists converged for the afternoon to enjoy live music, a stunt show and a custom bike build show unlike much else. They brought together some truly unique custom motorcycles with custom painters from across the country and kept the show going with burnout competitions and stunt shows throughout the afternoon.

With lots of events across the state this month there is no shortage of events to ride to this season.

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CARES CORNER

Kalfus & Nachman
 IS PARTNERING WITH
ADOPT
 portsmouth humane society

Torch

K&N Furry Friends

The firm is covering the cost of the adoption fees *

Introducing Torch, the ultimate 8-year-old male dog seeking his forever home. With a heart full of love and a personality that charms all. Torch is the perfect addition to any family. Good with other dogs and people of all ages, Torch's adventurous spirit will bring excitement to your life as you explore the world together. From hiking trails to snuggling on the couch, Torch's loyalty and affection will make every moment unforgettable. Don't miss out on the opportunity to welcome this all-around good boy into your life.

What Our Clients Are Saying About Us

Kalfus & Nachman

“Neal Schulwolf represented my son in a case and we were very pleased with his professionalism and concern. Would highly recommend Kalfus and Nachman”
 - Bonnie H.”

Neal Schulwolf PR
 ★★★★★
 Google Reviews

Kalfus & Nachman
 INJURY AND DISABILITY LAWYERS

OUR STAFF CAN REALLY Shuffle

Happy Birthday

Wishing you the best on your birthday and everything good in the year ahead.

Participate in our monthly contest and like us on FACEBOOK

Mixed Berry Smoothie

Fast, Healthy and Delicious!

Ingredients:

- 1 1/2 cups apple juice can also use almond milk, skim milk, coconut milk or other favor of choice
- 1 banana, sliced
- 1 1/2 cups frozen mixed berries
- 3/4 cup vanilla Greek yogurt
- 1 tablespoon honey, optional
- Optional garnish: fresh berries and mint sprigs

Instructions:

Place the apple juice, banana, berries and yogurt in a blender, and blend until smooth. If the smoothie seems too thick, add a little more liquid (1/4 cup).

Taste and add honey if desired. Pour into two glasses and garnish with fresh berries and mint sprigs if desired.

Recipe and image courtesy of diywiththeoc.com

We handle Workers' Compensation Cases

WORK INJURY CLAIM FORM

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
 Attorneys 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 (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 & FOX
JULY 6 & JUNE 20
 @ 10 am & 11 am

Circle K LIVE Watch Case by Case on WTKR News
JULY 12 & JULY 19 Channel 3 @ 10 am

Ask an Attorney a Question

Our Offices

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Call 1-888-hurtline or visit us www.kalfusnachman.com
 We service Virginia and North Carolina

Need More info? [CONTACT US](#) →

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