

Quarterly Newsletter

Summer 2023 Edition



Personal Injury Attorney
*Years of Experience Helping South Florida
Accident Victims*



Greetings from all of us at The Law Offices of Nerina Smart and welcome to our fourth issue! We hope you've been enjoying a pleasant and sunny summer! In our previous issue we covered some important news on the changes in our State's tort laws, upcoming local events and an easy and delicious recipe for you to try. We also had an employee spotlight featuring the latest addition to the firm, Andrea Narvaez and her skills that make her a valuable asset in our endeavor to provide our clients with the best service possible. You can have a look at our previous newsletter editions [here](#).

We hope you enjoy what we've put together for this quarters edition.

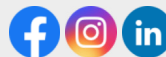
Thank you for reading our newsletter, and please stay tuned for more information throughout the year.

-Nerina

An Exciting Giveaway



This month we kicked off our Starbucks gift card giveaway. Follow any of these social media links to see the post giving you the details of how to enter and stand a chance of winning a Starbucks Gift card!



Our Website

Have you seen our website recently? We have been busy adding new articles and frequently asked questions ([FAQs](#)) you have.

Visit our website at smartlawpa.com to see how we can help you with your personal injury claim.

Settlement News



The Law Offices Of
Nerina Smart, P.A.

**SETTLEMENT
ALERT!**

**\$40,000
for a rear-end
Accident!**

 smartlawpa.com

Thank You For Putting Your Trust in Us.

Seasonal Tips

Remember, staying cool and taking care of your health is essential during the hot July weather

Stay hydrated – With the scorching temperatures in July, it's crucial to drink plenty of water to prevent dehydration. Carry a water bottle with you at all times and aim to drink at least 8-10 glasses of water throughout the day.

Seek Shade – When outdoors, try to find shaded areas to protect yourself from direct sunlight. Umbrellas, wide-brimmed hats, and sunglasses can provide additional protection from the sun's rays

Use sunscreen – Apply a broad-spectrum sunscreen with a high SPF (Sun Protection Factor) before heading outside. Reapply every two hours, especially if you're sweating or swimming.

Take frequent breaks – If you must be outdoors for an extended period, make sure to take regular breaks in shaded areas or air-conditioned spaces. Use these breaks to cool down and rehydrate.



Recipe Corner



Watermelon Mint Salad

This Watermelon Mint Salad is bursting with juicy and tropical flavors, making it a perfect treat for hot summer days. Customize the recipe by adding or substituting other seasonal fruits, such as blueberries, peaches, or citrus fruits.

SERVINGS: 4

Ingredients:

- 4 cups cubed watermelon
- 1 cup diced fresh pineapple
- 1 cup sliced strawberries
- 1 cup diced mango
- 1/4 cup fresh mint leaves, chopped
- Juice of 1 lime
- 1 tablespoon honey (optional)
- Fresh mint leaves, for garnish

Instructions:

1. In a large bowl, combine the watermelon, pineapple, strawberries, and mango.
2. In a small bowl, whisk together the lime juice and honey (if using) until well combined.
3. Pour the lime juice mixture over the fruit and gently toss to coat.
4. Sprinkle the chopped mint leaves over the fruit and toss again
5. Refrigerate for at least 30 minutes
6. Serve chilled· Fresh mint leaves, for garnish

Upcoming Events in Fort Lauderdale, Florida

Annie KIDS – Summer Theater Camp Production
Wednesday, Jul 19, 2023 at 7:30pm Amaturo
Theater at Broward Center
Ft Lauderdale, FL

92Legend
Friday, Jul 28, 2023 at 7:00pm Revolution Live
Ft Lauderdale, FL

Leagues Cup: Inter Miami CF v Atlanta United FC
Tuesday, Jul 25, 2023 at 7:30pm
DRV PNK Stadium
Ft Lauderdale, FL

AGAINST ALL AUTHORITY (performing 'All Fall Down' in its entirety)
Saturday, Jul 29, 2023 at 7:00pm Revolution Live
Ft Lauderdale, FL

Contact the Law Offices of Nerina Smart, P.A.

If you've been injured through no fault of your own, you may be wondering where to turn. You could have medical bills that are increasing in an alarming manner, and you may be injured severely enough that you are unable to return to work.



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