



LAW OFFICES OF  
**RF WITTMAYER, LTD.**  
PERSONAL INJURY LAW

Ronald F. Wittmeyer, Jr.

Denise J. Adams    Matthew L. Hess

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Greetings!

February is a month that is associated with love and the color red because of Valentine's Day, but it is also an important month for raising awareness about heart health and special programs like volunteering with the Red Cross. Heart health is particularly important for women so we are featuring the national Heart Truth program in this edition. We hope you get off to a heart-healthy start this February!

## GETTING TO KNOW THE FUN SIDE OF PRESIDENT LINCOLN

Did you know Abraham Lincoln was an animal lover and often used his favorite jokes to ease tension during important meetings?

President Lincoln is known for his outstanding leadership and oratory skills, but there is so much more to know about the lighter side of Lincoln.

[FIND OUT MORE](#)



**HEART HEALTH**

February is Heart Health Month. As it turns



out, heart health is particularly important for women. Many people are not aware that heart disease is the number one killer of women. The good news is that heart disease is the most preventable disease so it is very worthwhile to learn everything you can about heart-healthy habits. Making lifestyle changes could save your life!

[Learn More](#)

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## THERE ARE MANY WAYS TO VOLUNTEER WITH THE RED CROSS

The American Red Cross operates with a 90% or more volunteer staff made up of ordinary citizens just like you! Find out how you can use your time, energy, and skills to volunteer with the Red Cross and help out your fellow citizens during times of natural disasters and other emergency situations.

[Learn More](#)



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## PLEASE LIKE US ON FACEBOOK

We invite you to "Like" us on Facebook so you can participate in our upcoming Blackhawks, Cubs, and other give-aways. We also post important safety information and legal updates on our Facebook page. You can click on the Facebook icon here to go to our Facebook page. Check back to our Facebook page often, and please feel free to share any posts you find helpful.



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Please let us know if we can be of service to you, a friend, or family member in a personal injury matter. Also, if you need help with a non-personal injury legal problem, we are happy to refer you to a well-qualified lawyer who can help you.

Have a fun, safe & heart-healthy February!

Ron Wittmeyer

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## **RF Wittmeyer, Ltd.**

**[r fw@injurylawattys.com](mailto:r fw@injurylawattys.com)**

2101 S. Arlington Heights Road, S-103

Arlington Heights, IL 60005

Phone: (847) 357-0403

[www.injurylawattys.com](http://www.injurylawattys.com)

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