



# Living Well Newsletter

A monthly e-publication provided by Esse Health

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## Calling All Grandparents

Congratulations! You are going to be a grandparent. Some say it's even better than being a parent. But what about the rules that grandparents need to be aware of and follow? Dr. Richard Lazaroff discusses the 7 unbreakable laws that grandparents should try to follow.

Click [here](#) for the full article.

Click [here](#) to learn more about Dr. Lazaroff.

## Esse Health's Physicians at St. Clare Welcomes New Physician

Esse Health's Physicians at St. Clare welcomes board certified Family Medicine and Sports Medicine physician William Feldner, D.O. to its practice. Dr. Feldner will begin seeing patients at the office located at 1011 Bowles Ave., Suite 450, in St. Louis on February 1, 2015

Dr. Feldner graduated from Oklahoma State University College of Osteopathic Medicine. He is on the Board of Directors for the Joint Commission for Sports Medicine and Science and currently serves as the team physician for Lindenwood University and USA Volleyball.

Dr. Feldner joins board certified Internal Medicine physicians Kyle Moylan, M.D., Michael Fedak, M.D., D. Todd Hammond, M.D., and Janelle Roethemeyer, M.D. Appointments with Dr. Feldner can be made by calling 314.467.1500

Join us in welcoming Dr. William Feldner!



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## **Wear Red for Heart Disease**

12th Annual National Wear Red Day is February 6th.

Did you know that heart disease is the number one killer of women? Join us on Friday, February 6, as we participate in National Wear Red Day to raise awareness of heart disease. Share photos of you in red on our [Facebook](#) page, and we'll do the same!



The American Heart Association's Metro St. Louis Heart Walk is on Saturday, May 9th, at Busch Stadium. If you would like to join the Esse Health team, you can sign up by clicking [here](#). We hope you'll join us as we raise awareness of heart disease and stroke!

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## **Upcoming Events**

**Mark Your Calendars!**

Save the date for these upcoming events and visit our [Calendar of Events](#) for details!

**Ongoing:** Taking Care of Diabetes classes, Wellness Workshops, and Weight Loss Support meetings.



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*Providing health care to patients at 36 convenient locations across the St. Louis Metro area.*

## **CONNECT WITH US!**

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