



Living Well Newsletter

A monthly e-publication provided by Esse Health

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How Sweet Is Too Sweet

As we begin the new year, many of us make the resolution to live healthier and lose weight. Dr. Beebe discusses the different types of sugar found in foods and how it can impact your health and weight loss goals.

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

Click [here](#) to learn more about Kendrith Beebe III, D.O.

New Esse Health Pediatric Housecalls Podcasts Now Available

Searching for the answer to a question about your child? Look no further! Esse Health Pediatric Housecalls has the answers. Join us as our board certified pediatricians discuss important topics and answer everyday questions. Click [here](#) to learn how you can listen to an episode today!



Text Message Appointment Reminders Coming Soon

Esse Health is pleased to announce that we will soon be offering text message appointment reminders. Patients who have a cell phone listed will receive a text reminder one day before their scheduled appointment. This is in addition to the call received 48 hours in advance.



Strengthen Your Immune System

The immune system helps protect your body against diseases so we want to keep it healthy. Click [here](#) to learn about which foods can help boost your immune system and a recipe for breakfast egg cups.



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



Providing health care to patients at 39 convenient locations across the St. Louis Metro area.

CONNECT WITH US!



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