



# Living Well Newsletter

A monthly e-publication provided by Esse Health

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## Esse Health Pediatrics to Sponsor St. Pat's Leprechaun Village

Esse Health Pediatrics is proud to be the Official Sponsor of Leprechaun Village at the 50th Annual St. Patrick's Day Parade on March 16, 2019. Located at Aloe Plaza across from Union Station at the beginning of the Parade route, Leprechaun Village is a play area filled with games and activities to entertain the kids. There will be Irish dancing, bounce houses - even a Leprechaun!!! So stop by the Esse Health Pediatrics Leprechaun Village, visit with some of our board certified pediatricians and get your picture taken with a Leprechaun!! Click [here](#) for more information.



## New Esse Health Pediatric Housecalls Podcast Now Available

You notice your child is getting older. They are starting to crawl and walk. But when is it time to transition them from a bottle to a cup? Today we are joined by board certified pediatrician [Dr. Theodore Kremer](#) with Esse Health Hazelwood

Florissant Pediatrics. Click [here](#) to listen as we discuss why it's important to make the transition, negatives to using a bottle when children are older and tips to help make the transition easier.



## Join Esse Health at the 2019 AHA Heart Walk On May 18th

On Saturday, May 18th Esse Health employees, patients, family members and friends will join thousands at Busch Stadium for the American Heart Association's annual Heart Walk to help raise awareness of heart disease and stroke.



Click [here](#) to join the Esse Health team and we look forward to seeing everyone there!

## Esse Health Patient Portal

Don't forget to utilize the Esse Health Patient Portal. You no longer have to wait until your doctor's office opens to request an appointment or seek medical advice. Thanks to the Portal, you can send secure messages to your doctor's office, at a time convenient for you, to do the following:



- ♦ Request appointments
- ♦ Request refills
- ♦ Ask questions regarding a prescription
- ♦ Seek medical advice
- ♦ Ask questions about your bill
- ♦ Request a referral
- ♦ Pay your bill

Click [here](#) to enroll in the Patient Portal if you have not already signed up!

## Upcoming Events

Mark Your Calendars!

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

**March 16th:** St. Patrick's Day Leprechaun Village

**May 18th:** AHA Heart Walk

**Ongoing:** Taking Care of Diabetes classes



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