



Living Well Newsletter

A monthly e-publication provided by Esse Health

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Do Your Kids Have Chores?

Chores are a traditional expectation in the home. In this article, Dr. Richard Lazaroff discusses the importance of chores, along with a list of chores children of all ages can do.

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

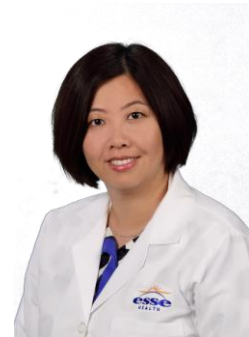
Click [here](#) to learn more about Richard Lazaroff, M.D.



Esse Health Southroads Internal Medicine Welcomes New Physician

Esse Health Southroads Internal Medicine welcomes Internal Medicine physician Daina Zhang, M.D. to its practice. Dr. Zhang is seeing patients at the office located at 12345 West Bend Dr., Suite 300 in St. Louis.

Dr. Zhang completed her residency in Internal Medicine at St. Luke's Hospital in St. Louis where she served as the Chief Medical Resident. She has a Master of Science degree in biology from Old Dominion University in Norfolk, VA and received her medical degree



from Xi'an Jiaotong University. Dr. Zhang has a special interest in promoting preventative health and diabetic care.

Dr. Zhang joins board certified physicians Richard Muchnick, M.D., Robert Oertli, M.D., Howard Hsu, M.D., Robert Curtin, M.D., and Herman Kendrith Beebe III, D.O. Appointments with Dr. Zhang can be made by calling 314.849.6000.

Esse Health Swansea Internal Medicine Welcomes New Physician

Esse Health Swansea Internal Medicine welcomes Internal Medicine physician John English, M.D. to its practice. Dr. English is seeing patients at the office located at 4 Park Place in Swansea, IL.

Dr. English was raised in Southern Illinois and received a Bachelor of Science degree from the University of Illinois. He attended medical school at the American University of the Caribbean. Dr. English completed his residency at St. Luke's Hospital in St. Louis where he served as the Chief Medical Resident. He has a special interest in promoting preventative health.



Dr. English joins board certified physicians Deborah McDermott, M.D. and Jennifer Neville, M.D. Appointments with Dr. English can be made by calling 618.277.7500.

Fruits & Veggies

Fruits and veggies provide nutrients that children need for growth. The goal is to eat 5 to 7 servings each day. Click [here](#) for tips to help your kids eat more fruits and veggies.



Upcoming Events

Mark Your Calendars!

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

ADA Step Out Walk: September 10th
Ongoing: Taking Care of Diabetes classes



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Esse Health | 12655 Olive Blvd | Saint Louis, Missouri 63141 | 314-851-1000

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