



# Living Well Newsletter

A monthly e-publication provided by Esse Health

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## Preventing Dehydration

It's important to keep your children hydrated especially during the hot summer months. Click [here](#) to learn about how to recognize the signs for dehydration and how to prevent it.



## Join Us On September 23rd

On Saturday, September 23rd, Esse Health employees, patients, family members and friends will join thousands at Forest Park for the Leukemia & Lymphoma Society's Light The Night Walk and help raise awareness of blood cancers.



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

## Hungry or Bored?

Children just like adults tend to eat for reasons other than hunger. Click [here](#) to learn about the different emotional hunger triggers and healthy alternatives to offer your child. Also included is a recipe for Apple Nachos!

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## 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! Did you like a podcast or do you have suggestions for future podcasts? Go to our [Facebook](#) page and let us know what you think!



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## Quality Standards

At Esse Health, We Want You Well! We also want you to have a great patient experience. By comparing our quality performance against national guidelines, we can make sure our patients receive the best care and have the best patient experience possible. Click [here](#) to see how our offices are performing.

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This is a promotional graphic for Esse Health. On the left, the text reads 'Hemorrhoids feel like this.' with a curved arrow pointing to a small, spiky cactus. Below this, another curved arrow points to the Esse Health logo. To the right of the logo, the text says 'Relief looks like this.' with a curved arrow pointing to a bicycle saddle. A small cactus is placed on the saddle. Below the saddle, the text reads 'Effective, non-surgical treatment' and '314.543.5200'.

## 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  
**September 23:** LLS Light The Night



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*Providing health care to patients at 40 convenient locations across the St. Louis Metro area.*

## CONNECT WITH US!



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

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