



Living Well Newsletter

A monthly e-publication provided by Esse Health

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Go Further With Food

March is National Nutrition Month and this year's theme is "Go Further with Food". In this article dietitian Rachel Sestrich discusses how to choose foods that are healthy and learning to manage food resources at home.

Click [here](#) to read the full article.
Click [here](#) to learn more about Rachel Sestrich, RD, LD, CDE



Esse Health Primary Care Partners Welcomes New Physician

Esse Health Primary Care Partners welcomes Internal Medicine physician [Neera Sharda, M.D.](#) to its practice. Dr. Sharda is seeing patients at the office located at 13303 Tesson Ferry Road, Suite 100 in St. Louis.

Dr. Sharda is board certified in Internal Medicine. She has a special interest in geriatrics and preventive medicine, as well as the management of hypertension and diabetes. Dr. Sharda most recently practice with St. Anthony's Geriatric and Internal Medicine in South County.

Dr. Sharda joins board certified physicians Jaime Santos, M.D. and Alan Padua, M.D. and Family Nurse Practitioner Sarah Durnell. Appointments with Dr. Sharda can be made by calling 314.722.4741.



New Esse Health Pediatric Housecalls Podcast Now Available

Esse Health Pediatric Housecalls just published a new podcast about postpartum depression. Click [here](#) to listen to the new podcast and to catch up on any episodes you might have missed!

Is there a topic you would like us to cover? Send us a message on [Instagram](#), [Facebook](#) or [Twitter](#) and let us know.



Taking Care Of Diabetes

The April Taking Care of Diabetes group meetings will be held at several local Schnucks stores in April instead of the regular meeting locations. See below for dates and times. If you would like to attend the April meeting and store tour, please call Schnucks at 314-218-3321 and leave a message including your name, which location and date you plan to attend.

- April 9th at 3:00 PM [Schnucks on Butler Hill Rd](#)
- April 11th at 6:00 PM [Schnucks on New Halls Ferry Rd](#)
- April 13th at 9:00 AM [Schnucks on N Illinois St](#)
- April 17th at 10:30 AM [Schnucks on Clayton Rd](#)
- April 25th at 1:00 PM [Schnucks on Woods Mill Rd](#)

Esse Health Patient Portal

Want to see the most up-to-date information in your NextMD Patient Portal account? Click [here](#) to learn how!



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
May 12th: AHA Heart Walk



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