



# Living Well Newsletter

A monthly e-publication provided by Esse Health

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## Banish Beige Meals

A plate of fried chicken, mashed potatoes and corn is a common scene at cookouts and dinners. In this article Dietitian Mindy Musselman discusses three ways you can add nutrition to your meals.

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

Click [here](#) to learn more about Mindy Musselman, Rd, LD, CDE

## 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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## Esse Health Takes Steps for Heart Health

On Saturday, May 6th, Esse Health employees, patients, family members and friends joined thousands at Busch Stadium for the American Heart Association's annual Heart Walk. The event was a great success and we are proud to be able to help the AHA raise awareness of heart disease and stroke!



This was the ninth year in a row that we sponsored the event. We were able to raise more than \$4,900. A huge "thank you" to everyone who supported the Esse Health team by registering to walk at the event or making a donation. Click [here](#) to learn more about the AHA and heart health!

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## Expiration Dates On Food Labels

Dates on food labels can be tricky. Click [here](#) to learn about different expiration dates and how long specific foods will keep. Also included is a recipe for mac & cheese casserole cups.

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## Text Message Appointment Reminders

We now offer 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.



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## Upcoming Events

**Mark Your Calendars!**

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

**Senior Olympics:** May 25th - May 30th

**Ongoing:** Taking Care of Diabetes classes



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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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