



*We Want You Well.*

FOR IMMEDIATE RELEASE

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NEWS RELEASE

## Esse Health's Commitment to Wellness Expands Beyond Patient Care

ST. LOUIS – Esse Health announced today the launch of the Esse Health Community Outreach Program. Designed to provide employees and their family members with the opportunity to give back to the communities and people they serve, the program will coordinate and host events for employees to work with non-profit organizations.

“Through our Outreach Program, Esse Health employees have a catalyst to volunteer and help others outside of our

offices,” said Carla Beckerle, Esse Health’s Director of Clinical Programs. “We are thrilled with the overwhelming

response from our employees who want to participate and make a positive impact on the health and wellness of those living in the community.”



The first Community Outreach event of the program was held at the Project Backpack Warehouse in Bridgeton. On September 10, sixteen Esse Health employees and their family members helped stuff and fill dozens of backpacks with school supplies for children that are the silent victims of domestic violence.

### About Esse Health

Esse Health is a St. Louis-based physician group that strives to improve the overall well-being of its patients through patient education, lifestyle modification and prevention. With 28 locations throughout the St. Louis and Metro East area, Esse Health’s services include asthma, allergy and immunology, family medicine, internal medicine, nutrition,

pediatrics and radiology. Esse Health is recognized as a leader in using technology in health care and physician accountability for both quality and cost-of-care. For more information on Esse Health, visit [www.essehealth.com](http://www.essehealth.com).