



# Living Well Newsletter

A monthly e-publication provided by Esse Health

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## Controlling Your Blood Pressure Through Lifestyle

Have you ever found yourself asking the question what does my lifestyle have to do with my blood pressure? Dr. Fil Ferrigni explains how your daily activities and the foods you eat can have a large impact on your blood pressure and your overall health.

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

## Digestive Disease Specialists Joins Esse Health

We are excited to announce that Digestive Disease Specialists will be joining us, effective October 1st. The gastroenterology practice will be the fourth specialty group to join Esse Health. They are located at 100 Village Square in Hazelwood, MO. Appointments can be made by calling 314-355-4010.

The group will now be called Esse Health Digestive Disease Specialists and includes board certified physicians David Landau, M.D., Eldad Bialecki, M.D., Tariq Hassan, M.D., Robert Stoffa, M.D., Kishore Maganty, M.D., and Gary Koenig, M.D.

## Flu Shots Now Available

Flu shots are now available at many of our offices. The official recommendation of the Center for Disease Control and the American Academy of Pediatrics is that **everyone over age 6 months should get the flu vaccine.**

Click [here](#) to find our flu clinic schedule. Please call your doctor's office if it isn't listed to find when the vaccine is being offered.



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## Join Us On October 11th.

On Saturday, October 11th, Esse Health employees, patients, family members and friends will join many others at Creve Coeur Lake Park for the American Diabetes Association's annual Step Out Walk and help raise awareness of diabetes.



This is the sixth year in a row that we have sponsored the event and there is still time to participate. To sign up and join the Esse Health team click [here](#). We look forward to seeing everyone there!

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## 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, Wellness Workshops, and Weight Loss Support meetings.



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## CONNECT WITH US!



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