



# Living Well Newsletter

A monthly e-publication provided by Esse Health

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## Back To School And Back To Sleep

Sleep is very important, especially in our younger years. Dr. Karla Keaney offers suggestions on how to help your child get a good night sleep.



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

Click [here](#) to learn more about Karla Keaney, 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 the age of 6 months should get the flu vaccine.**



Click [here](#) for the flu clinic schedule. If you don't see your office give them a call for a list of flu clinic hours.

## Esse Health Steps Out To Stop Diabetes

On Saturday, September 10th, Esse Health employees, patients, family members and friends joined many others at Six Flags for the American Diabetes Association's annual Step Out Walk. The Esse Health team had a great time at Six Flags while helping the ADA raise awareness about diabetes.



Thanks to the generous contributions of our patients, employees and friends, Esse Health raised over \$5,500!!! A huge "thank you" to everyone who supported our team by walking at the event or making a contribution. Click [here](#) for more information about the ADA.

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## Get The Facts On Food Labels

What do all those numbers mean on food labels? Click [here](#) to learn what you should look for when reading nutrition facts on your favorite products!



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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



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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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