



Living Well Newsletter

A monthly e-publication provided by Esse Health

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September Is Blood Cancer Awareness Month



September is Blood Cancer Awareness Month and what better way to show your support than walking at the Leukemia and Lymphoma Society's Light The Night Walk!

On Saturday, September 23rd, Esse Health employees, patients, family members and friends will join thousands at Forest Park for the Leukemia & Lymphoma Society's Light The Night Walk to help raise awareness of blood cancers.

Click [here](#) to sign up and join the Esse Health team. We look forward to seeing everyone there!

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.**



We only have flu shots available and will not be offering the nasal spray flu vaccine this year.

Click [here](#) to view the flu clinic schedule. If you don't see your physician's office give them a call to schedule your flu shot.

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!



Keep Moving

The goal for children is to have 60 minutes of activity everyday. Click [here](#) to learn ways you can make time for getting your kids to be more active. Also included are different ways you can build your own trail mix.



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
September 23: LLS Light The Night



Providing health care to patients at 40 convenient locations across the St. Louis Metro area.

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