



# Living Well Newsletter

A monthly e-publication provided by Esse Health

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## Child Psychiatry Coming To Esse Health

We are pleased to announce that Child Psychiatry is coming to Esse Health! Child Psychiatrist Katie Wilson, M.D. will begin seeing patients on September 1st.

Dr. Wilson is board certified in Child, Adolescent and General Psychiatry. She has worked in a variety of settings which include community mental health, hospital-based outpatient mental health, and most recently in private practice before joining Esse Health. Dr. Wilson is also an Instructor in Psychiatry at Washington University School of Medicine. Talk to your pediatrician to learn more about Dr. Wilson.



## Esse Health Office of Jerome Williams, M.D. Welcomes New Physician

Esse Health Office of Jerome Williams, M.D. welcomes Larry Buck II, D.O. to its practice. Dr. Buck will see patients at the office located at 3409 Union Blvd. in

St. Louis, Missouri.

A St. Louis native and graduate of University City High School, Dr. Buck is board eligible in Internal Medicine. He has a special interest in managing congestive heart failure, diabetes, and preventative health. Appointments with Dr. Buck can be made by calling (314) 261-4834.



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## **Esse Health St. Charles Complete Care Welcomes Two New Physicians**

Esse Health St. Charles Complete Care welcomes Wendy Meyr-Cherry, M.D. and Christopher Normile, M.D. They will see patients at the office located at 1551 Wall Street, Suite 400 in St. Charles, Missouri.

Board certified in Family Medicine, Dr. Meyr-Cherry has over 30 years of clinical experience. She has a particular interest in preventative care and chronic disease management for adults. The National Committee for Quality Assurance and the American Diabetes Association has recognized Dr. Meyr-Cherry for her patient care in diabetes.



Dr. Christopher Normile is board certified in Family Medicine and has been practicing in the Saint Charles area for the last 18 years. He is an Assistant Clinical Professor in the Department of Family and Community Medicine at St Louis University School of Medicine. Dr. Normile is also the Medical Director for the St. Charles County Department of Public Health.

Appointments with Dr. Meyr-Cherry and Dr. Normile can be made by calling (636) 669-7006.

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## **Taking Care Of Diabetes Now Available Virtually**

Esse Health invites you to a virtual Taking Care of Diabetes (TCD) group meeting, from the comfort of your home! Below are the meetings for September and October. Click the date/time of the meeting(s) you want to attend to register as space is limited.

### **Healthy Eating and COVID19 Update:**

[Monday, August 31, noon](#)

### **Healthy Coping: Seeking Support, Healthy Coping Strategies and a Simple Meditation Practice**

[Monday, September 14, 4 pm](#)

[Tuesday, September 15, 10:30 am](#)

### **10 Ways to Move More to Improve Blood Sugar and Fall Comfort Foods**

[Friday, October 9<sup>th</sup>, 8:30 am](#)

[Thursday, October 15<sup>th</sup>, noon](#)

Once you've registered you'll receive an email to sign the consent form and the link/phone number for the virtual meeting (via Webex). You can watch via Webex or just listen via a Webex phone number.

If you have any questions, please contact Mindy Musselman at 314-851-1033 or [mmusselman@essehealth.com](mailto:mmusselman@essehealth.com) . These virtual TCD meetings are free of charge.

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## **Esse Health's COVID-19 Safety & Wellness Plan**

These are challenging times. There is a lot of information out there - some of it is accurate, but there is also a lot of misinformation. At Esse Health, we are working hard to provide you with the most accurate and up-to-date information available. Your Esse Health team is going above and beyond to keep you and our staff healthy and safe. When you visit your Esse Health office, you will find:

- Everyone is screened before entering the office

- Waiting times are limited
- Everyone - staff and patients - wear masks
- Sick patients are separated from patients in the office for regular checkups



We have increased cleaning protocols in our offices and we will continue to monitor and update these measures as new information becomes available to us.

We also urge you to continue to take measures to keep yourself and those around you safe. These measures are known to reduce the spread of the virus.

- Wash your hands often and thoroughly for at least 20 seconds
- Use hand sanitizer when washing your hands is not possible
- Practice social distancing
- Don't touch your face!!! Mouth- Eyes-Nose
- Wear a cloth face mask covering your nose and mouth when out in public

It is safe to visit your Esse Health office. If your Esse Health doctor is recommending an office visit, rest assured we are taking every precaution to keep you safe.

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*Providing health care to patients at 45 convenient locations across the St. Louis Metro area.*

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