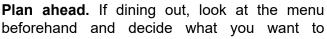
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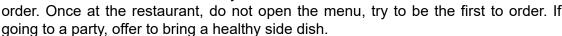


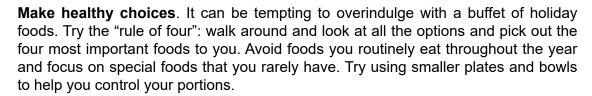
November 2023 Patient Newsletter

Healthy Choices For The Holiday

The holiday season is a time for celebration, but it can also be a time for unhealthy eating habits. With all the delicious food and drinks, it can be hard to resist temptation. However, there are a few tips you can do to enjoy the holidays without sacrificing your health.







Eat slowly. It takes about 20 minutes for your brain to register that you are full. Eating slowly will give your body time to catch up and prevent overeating. If you're still hungry after finishing your meal, wait 20 minutes before going back for seconds.

Deprivation leads to desire. It's okay to enjoy your favorite holiday foods but do so in moderation. If you are craving something special, have a small portion and savor it. There is no need to deprive yourself completely.

Click <u>here</u> to lean more about dietitian Kristy Thomas.



Fun For The Holidays

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The holidays are on the horizon and family members will be on their way to St. Louis. You then find yourself asking what can we do around St. Louis to keep them entertained? Well the folks at Explore St. Louis have



you covered. Click here to see all St. Louis has to offer during the holiday season.

1-866-Esse-Now

Know someone who is looking for a provider? Tell them to give us a call at the NEW <u>1-866-Esse-Now</u> phone number and we will get you in touch with an Esse Health provider near by!



Medicare Annual Enrollment Ends December 7th!

Don't forget Medicare Annual Enrollment is underway and ends on December 7th! For more information visit https://www.medicare.gov/





Expecting? The Best Pediatrician for Your Baby is Closer Than You Think.

Esse Health Pediatrics. Top-ranked, Flexible, Trusted Care in your neighborhood.





Diabetes Care and Prevention

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

December: Yearly Review

<u>Tuesday, December 19th, 12 pm</u>

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Friday, December 22nd, 8:30 am

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. These virtual DCP meetings are free of charge.

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