



Living Well Newsletter

A monthly e-publication provided by Esse Health

September 2023 Patient Newsletter

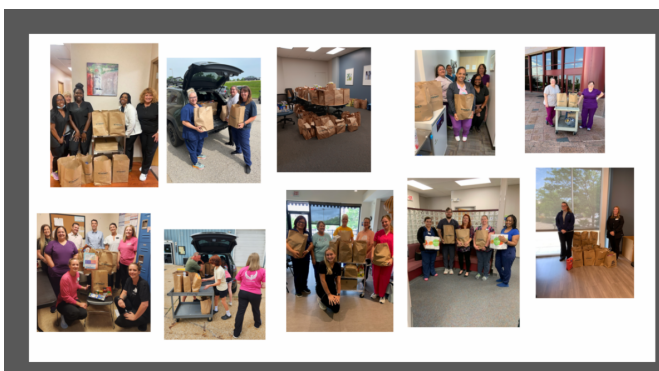
New Pediatric Housecalls Podcast Available

Building healthy habits can be difficult, especially when the goal may take some time to achieve. Today Dr. Pete Putnam and Dr. Kristen Terrill discuss how making tiny changes over time can help your child achieve their goals no matter how difficult, including starting a workout routine and even how to eat healthier. Click [here](#) to listen to the full episode and to catch up on episodes you might have missed!



Esse Health Food Drive A Success!

We are pleased to announce our companywide food drive was a huge success!!! Esse Health believes in giving back to the community where we work and live. Thanks to the kindness and generosity of our staff and patients, we were able to help restock the shelves of food pantries throughout our community. The pantries were extremely grateful and overwhelmed by Esse Health's outpouring of support!!! In case you are wondering - donations were made to Community Helping Ministry in Bridgeton, Community Inter-Faith Food Pantry in Belleville, Grace United Methodist Church in the Central West End, Loving Hearts Food Pantry in Washington, MO, and St. Trinity-St. Stephen Community Food Bank in South City.



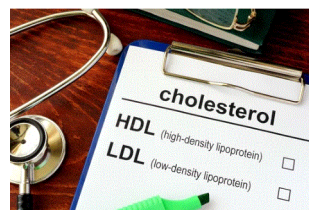
Medicare Annual Enrollment Begins October 15th!

Don't forget Medicare Annual Enrollment begins October 15th! For more information visit <https://www.medicare.gov/>



September is Cholesterol Awareness Month

Test your cholesterol knowledge and you could win a cooking spice pack! Click [here](#) to take the quiz. Two people will be randomly selected to win the prize!



LLS Light The Night On October 14th!

On Saturday, October 14th, Esse Health employees, patients, family members and friends will join others at Cricket Field in Forest Park for the Leukemia & Lymphoma Society's annual Light The Night Walk. The Light The Night Walk helps raise awareness of leukemia, lymphoma, Hodgkin's disease and myeloma. Click [here](#) to join the Esse Health team. We hope to see you on October 14th!



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

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

LEARN MORE



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 October through December. Click the date/time of the meeting(s) you want to attend to register as space is limited.

October: Seasonal Foods, Whole Foods

[Friday, October 20th, 8:30am](#)

[Tuesday, October 24th, 12pm](#)

November: A1c & Blood Sugar Monitoring

[Tuesday, November 14th, 12pm](#)

[Friday, November 17th, 8:30am](#)

December: Yearly Review

[Tuesday, December 19th, 12pm](#)

[Friday, December 22nd, 8:30am](#)

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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