



Living Well Newsletter

A monthly e-publication provided by Esse Health

March 2024 Patient Newsletter

National Nutrition Month - Beyond the Table

For 2024's National Nutrition Month, we are going Beyond the Table to have a healthy lifestyle! What we serve at meals is very important but there is so much that leads up to this. Farming our food is the first step where we introduce organic vs. non-organic items. Contrary to popular belief, there are still pesticides on organic foods. The pesticides themselves along with the soil are also organic and have regulations that must be followed. Organic does not always mean it's healthier, it's simply farmed differently.

Processing is the second step in getting to our table. Yes, almost all food is processed, even whole foods like those baby carrots! Processing does not make food bad for you. It often makes meal prep quicker. Stores are the next stop on the list. Whether it's a grocery store, food delivery service, meal prep company, or your local farmer's market, all offer an amazing variety of choices. Food storage is important in extending the life of the food we buy. With proper storage, we can get a few extra days out of some of our produce. This can equal some big savings by avoiding food waste! Going Beyond the Table includes taking care of our physical and mental health. Incorporating exercise and movement throughout the day are great ways to improve mental alertness, endurance, circulation, and maintain a healthy weight. Taking care of your mental health also impacts your physical well-being. Remember to get plenty of rest, take time off to do things you enjoy, and spend time socializing with family and friends!

Click [here](#) for storage tips for your fruits and vegetables.



Join us as the 2024 NAMI Walk on May 11th

On Saturday, May 11th, Esse Health employees, patients, family members, and friends will join many others at Creve Coeur Park - Tremayne Shelter for the annual NAMI Walk. NAMI is the National Alliance on Mental Illness, the nations largest mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.



Click [here](#) to join the Esse Health team

Click [here](#) to learn more about NAMI

The Esse Health Pharmacy is Now Open!

The Esse Health Pharmacy is now open! The Esse Health Pharmacy is a 2,339 square foot state-of-the-art facility located at 13303 Tesson Ferry Rd., Suite 125 in St Louis. The pharmacy is staffed by board certified pharmacists with more than 15 years of experience. They are available to fulfill prescriptions and help address any concerns about medications. You can contact the Esse Health Pharmacy by calling 636.323.8030.



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