



# Living Well Newsletter

A monthly e-publication provided by Esse Health

## April 2024 Patient Newsletter

### ADHD

"Does my child have ADHD?" That's a question many of us as parents have asked. But how do you know if they truly have ADHD. Listen as Dr. Pete Putnam and Dr. Kristen Terrill discuss ADHD, the importance of establishing habits, when medication is needed and so much more! Click [here](#) to listen!



### Join us at 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.



## Esse Health Wellness Is On Facebook

We are excited to announce the launch of the Esse Health Wellness Facebook page. Click [here](#) to learn more!



### 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



## Virtual Taking Care Of Diabetes

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 May and June. Click the date/time of the meeting(s) you want to attend to register as space is limited.

May: Dietary Fats

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

[Thursday, May 16th, 2pm](#)

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

June: Gut Health

[Tuesday, June 4th, 12pm](#)

[Thursday, June 6th, 2pm](#)

[Friday, June 7th, 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.

Esse Health | 12655 Olive Blvd, 4th Floor, Saint Louis, MO 63141

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