



# Living Well Newsletter

A monthly e-publication provided by Esse Health

## October 2025 Patient Newsletter

### Halloween Safety Tips

It's that time of year again where children will be trick-or-treating at night and parents will be concerned with keeping their children safe. Click [here](#) to learn about different ways you can help keep your child safe while trick-or-treating this Halloween.




### Lifestyle Changes That Can Lower Your Blood Pressure

Do you have high blood pressure? Click [here](#) to learn about about how you can lower your blood pressure.

### Medicare Annual Enrollment Ends December 7th!

Don't forget Medicare Annual Enrollment begins October 15th! For more information visit [www.medicare.gov/](http://www.medicare.gov/)






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

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