



FOR IMMEDIATE RELEASE

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NEWS RELEASE

Esse Health Participates in American Heart Walk

Team of 28 raises more than \$3,500 for organization

ST. LOUIS – On Saturday, May 15, Esse Health took part in the American Heart Association’s Start! Heart Walk. The Esse Health team had a total of 28 participants for the walk, including 18 employees, and helped raise nearly \$3,600 for the organization.

The Start! Heart Walk is held nationwide in an effort to build healthier lives, free of cardiovascular diseases and stroke. The money raised by the walk goes toward cardiovascular and heart disease research and the promotion of heart health around the country. The American Heart Association’s mission and impact goal since 2007 is to reduce coronary heart disease, stroke and risk by 25 percent by this year.

About Esse Health:

Esse Health is a St. Louis-based physician group that strives to improve the overall well-being of its patients through patient education, lifestyle modification and prevention. With 28 locations throughout the St. Louis and Metro East area, Esse Health’s services include asthma, allergy and immunology, family medicine, internal medicine, nutrition, pediatrics and radiology. Esse Health is recognized as a leader in using technology in health care and physician accountability for both quality and cost-of-care. For more information on Esse Health, visit www.essehealth.com.