



FOR IMMEDIATE RELEASE

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NEWS RELEASE

Esse Health Takes Steps for Heart Health

Physician group sponsors, raises funds for American Heart Association's Annual Walk

ST. LOUIS – On Saturday, May 19, employees, family members and patients of independent physician group [Esse Health](#) walked to raise awareness of heart disease and stroke and promote walking as part of a healthy lifestyle. In addition to being a sponsor of the American Heart Association's 2012 Metro St. Louis Heart Walk, the company registered more than 250 walkers and raised more than \$6,800.00 to support cardiovascular research and educational programs for the St. Louis community.



Richmond Heights office employee Anne Mueller poses with one of Esse Health's patients while waiting for the Walk's opening ceremonies to begin.



Dr. Jerome Williams (center) poses with his wife Marva Williams, ANP, (to his right) son Nelson and other members of his staff at the Esse Health Williams Clinic.

"American Heart Association-funded research has led to medical breakthroughs such as pacemakers, artificial heart valves, CPR, and blood pressure and cholesterol lowering drugs. The Heart Walk and other fundraising efforts that we, along with thousands of St. Louis residents, partake in help doctors improve procedural care for heart disease, the no. 1 killer of women, and stroke," said Mike Castellano, Esse Health CEO and AHA St. Louis board member.

This is the fourth year Esse Health has sponsored the Walk. Esse Health employees Tennille Carrawell and Marina Baazova poses with their children inside Busch Stadium at the Heart Walk (photo below, left). A group of Esse Health employees and their family members smile for the camera as they wait for the festivities to begin inside Busch Stadium (photo below, right).



Esse Health is an independent, St. Louis-based physician group that strives to improve the overall well-being of its patients through patient education, lifestyle modification and prevention. With 31 locations throughout the St. Louis and Metro East area, Esse Health's services include asthma, allergy and immunology, family medicine, internal medicine, nutrition, pediatrics, radiology and urology. 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.