



# Living Well Newsletter

A monthly e-publication provided by Esse Health

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## Come Join Us!

On Monday, April 7, 2014 at 7:00 pm, Esse Health along with A Place To Turn To will provide a parenting program to families of children from ages 4 to 14. The presentation will be followed by a question/answer session with Esse Health pediatricians.

This program will cover the 40 Developmental Assets which were developed by the Search Institute. Their survey of over 4 million children has shown that the number of assets a child possesses can predict whether the child will be involved with at-risk or thriving behaviors as they move into adolescence.

Click [here](#) to register for the event as space is limited.

## Organic Foods FAQ

Do I need to buy organic food? Is "GMO" food something to avoid? Is "local" food better? These are all questions we have asked ourselves at one time or another. Dr. John Madden discusses the difference between conventional food and organic food along with some of the most frequently asked questions.

Click [here](#) to view the full article



Click [here](#) to learn more about Dr. Madden

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## Upcoming Events

Mark Your Calendars!

Save the date for these upcoming events and visit our [Calendar of Events](#) for details!



**May 10th:** American Heart Association's Metro St. Louis Heart Walk at Busch Stadium\*

\*Ask your doctor's office front desk for a registration form or join our team online: <http://bit.ly/HeartWalk2014>

**Memorial Day Weekend:** 34th Annual St. Louis Senior Olympics

**Ongoing:** Taking Care of Diabetes classes

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*Providing health care to patients at 36 convenient locations across the St. Louis Metro area.*

## CONNECT WITH US!



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