



Living Well Newsletter

A monthly e-publication provided by Esse Health

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Have A Happy And Healthy Halloween

Dressing up in fun costumes and going door to door to collect candy is the traditional Halloween celebration, but no one needs to eat that much candy!!! Dietitian Rachel Sestrich shares a few tips to help make Halloween healthier.

Click [here](#) for the full article.

Click [here](#) to learn more about Rachel Sestrich, RD, LD, CDE

Flu Shots Now Available

Flu shots are now available at many of our offices. The official recommendation of the Center for Disease Control and the American Academy of Pediatrics is that **everyone over the age of 6 months should get the flu vaccine.**

Click [here](#) to find our flu clinic schedule. If you don't see your office give them a call for a list of flu clinic hours.



Too Much Sugar Can Be Spooky

Many of the foods that we eat have sugar in them. Some sugar is added to foods; some sugar is natural. Click [here](#) to learn how to identify different sugars in foods. We also have included our favorite low sugar, low fat banana bread recipe.



Esse Health Steps Out To Stop Diabetes



On Saturday, October 10th, Esse Health employees, patients, family members and friends joined with many others at Creve Coeur Lake Park for the American Diabetes Association's annual Step Out Walk. The Esse Health team enjoyed perfect St. Louis weather while helping the ADA raise awareness about diabetes.

Thanks to the generous contributions of our patients, employees and friends, Esse Health raised over \$5,000!!! A huge "thank you" to everyone who supported our team by walking at the event or making a contribution. Click [here](#) for more information about the ADA.

Upcoming Events

Mark Your Calendars!

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

Ongoing: Taking Care of Diabetes classes.



Providing health care to patients at 38 convenient locations across the St. Louis Metro area.

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