



Living Well Newsletter

A monthly e-publication provided by Esse Health

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Safe Handling Of Food In The Summer

It's that time again. The time of grilling and eating delicious foods while enjoying the warm weather. That being said, it's important to follow a few simple rules to keep your food free of bacteria and food borne illness. Dietitian Lindsay Cohen offers tips on how to keep your food safe.



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

Click [here](#) to learn more about Lindsay Cohen, RD, LD, CDE

Esse Health Patient Portal

Don't forget to utilize the Esse Health [Patient Portal](#). You no longer have to wait until your doctor's office opens to request an appointment or seek medical advice. Thanks to the portal, you can send secure messages to your doctor's office, at a time convenient for you, to do the following:

- Request appointments
- Request refills
- Ask questions regarding any prescriptions
- Seek medical advice



- Ask questions regarding your bill
- Request a referral
- Receive test results

If you're not already signed up, ask the front desk the next time you visit one of our offices.

Join Us On October 10th



On Saturday, October 10th, Esse Health employees, patients, family members and friends will join many others at Creve Coeur Lake Park for the American Diabetes Association's annual Step Out Walk and help raise awareness of diabetes.

This is the ninth year in a row that we have sponsored the event and there is still time to participate. To sign up and join the Esse Health team click [here](#). We look forward to seeing everyone there!

Upcoming Events

Mark Your Calendars!

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

October 10th: American Diabetes Association Step Out Walk

Ongoing: Taking Care of Diabetes classes.



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

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