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I'm A Big Kid Now - Transitioning From Crib To Bed

Wondering when is it a good time to move your toddler from a crib to a bed? Nurse Practitioner Karen Diehl discusses when is the best time to have your toddler make the transition and how to approach it with them.

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

Click [here](#) to learn more about Karen Diehl, CPNP, CLC

Esse Health Florissant Internal Medicine Welcomes Physician

Esse Health welcomes board certified Internal Medicine/Infectious Disease physician James H. Hinrichs, M.D., MPH. Dr. Hinrichs will follow patients admitted to DePaul Health Center. He also will see patients at Esse Health's Florissant Internal Medicine office located at 1225 Graham Rd building C, Suite 1330 Florissant MO 63031.



Dr. Hinrichs graduated from St. Louis University School of Medicine and completed his residency training at Georgetown University in Washington D.C. He previously served as Vice-President of Medical Affairs at SSM St. Joseph Health Center. Dr. Hinrichs joins Esse Health as a Hospital Medicine and Infectious Disease Specialist.

Esse Health Takes Steps For Heart Health

On Saturday, May 9th, Esse Health employees, patients, family members and friends joined thousands at Busch Stadium for the American Heart Association's annual Heart Walk. While the weather was a little chilly, the event was a great success and we are proud to be able to help the AHA raise awareness of heart disease and stroke!



This was the seventh year in a row that we sponsored the event. And thanks to our patients, employees and friends, we also raised more than **\$11,200!!** A huge "thank you" to everyone who supported the Esse Health team by registering to walk at the event or making a donation. For more information about the AHA and heart health, [click here.](#)

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 36 convenient locations across the St. Louis Metro area.

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