



Living Well Newsletter

A monthly e-publication provided by Esse Health

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How To Eat Healthy When You Have No Time

Now that school is back in session along with after school activities, it's hard to find time to eat healthy. Registered dietitian Mindy Musselman offers tips on how to eat healthy when you're short on time.

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

Click [here](#) to learn more about Mindy Musselman, RD, LD, CDE

Most Common Summer Injuries

Dr. Karla Keaney was featured in a segment of Parent Chat published by the St. Louis Post-Dispatch. Click [here](#) to learn about the most common summer injuries!



Esse Health Fit Kids

Trying to build healthy habits with your family? Come explore nutrition and fitness in five fun, hands-on sessions designed for kids ages 7-12 and parents! Our registered dietitians and certified personal trainers will work with you and your children on fitness goals, eating healthier and confidence building exercises. Click [here](#) to register for the South County location and click [here](#) to register for the North County location.



A workshop of games and activities to explore fitness and nutrition!

5 sessions – \$25 per child
 \$10 for each additional child (Space is limited)

Ages: 7-12 (Parent must attend)

South County

Wednesdays
 September 14 - October 12
 6:00 - 7:00 p.m.

Tesson Ferry Internal Medicine
 (Lower Level)
 13303 Tesson Ferry Road
 St. Louis, MO 63128

North County

Tuesdays
 September 13 - October 11
 6:00 - 7:00 p.m.

Christian Northwest Healthcare
 (Lower Level Community Room)
 1225 Graham Road, Florissant
 Florissant, MO 63031

Activities led by:



Dietitian
 Rachel Sestrich, RD, LD, CDE



Cert. Personal Trainer
 Danielle Schroeder



Dietitian
 Mindy Musselman, RD, LD, CDE



Cert. Personal Trainer
 Julie Myers

Join Us On September 10th

On Saturday, September 10th, Esse Health employees, patients, family members and friends will join many others at Six Flags St. Louis for the American Diabetes Association's annual Step Out Walk to help raise awareness of diabetes.



This is the tenth 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!

It's Back To School Time

It's time to get the lunch bags out and pack lunches for the kids again. Click [here](#) for a list of possible lunch foods from all 5 food groups. Also included is a tasty recipe for veggie and cream cheese wraps.



Upcoming Events

Mark Your Calendars!

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

ADA Step Out Walk: September 10th
Ongoing: Taking Care of Diabetes classes



Providing health care to patients at 40 convenient locations across the St. Louis Metro area.

CONNECT WITH US!



www.essehealth.com

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