



September Office News

drserna.com
doctorenglund.com

281-807-5300

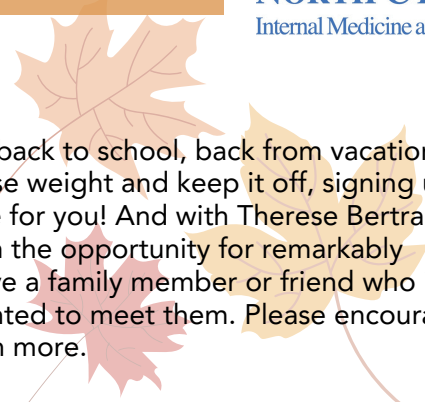


Dear Patient:

We're excited for the fall...a brisk and bustling season that has long signaled back to school, back from vacation, and a return to the business at hand. Whether that means finally finding a way to lose weight and keep it off, signing up for lifestyle coaching or practicing prevention by getting your flu shot, we're here for you! And with Therese Bertrand, FNP, joining our team in October, we are ready to provide more patients with the opportunity for remarkably personalized care designed to optimize their health and well-being. If you have a family member or friend who is interested in becoming part of our Lifestyle Medicine practice, we'd be delighted to meet them. Please encourage them to call our office and ask for any member of our dedicated team to learn more.

Live Healthy, Live Well,

Dorothy Cohen Serna, MD and Kelly Englund, MD



WELCOME Therese Bertrand, FNP!

We are thrilled to announce that Therese Bertrand, a board-certified Family Nurse Practitioner with more than two decades of experience working in primary care, will be joining North Cypress Internal Medicine & Wellness on October 1st. Therese joins Dr. Serna, Dr. Englund and Stacey Gibilterra, FNP in their commitment to providing comprehensive, high-quality care and taking as much time as needed to know our patients well. Her approach includes developing a personalized plan for each patient to identify and treat their underlying health conditions, and offering individualized guidance focused on preventive medicine and promotion of optimal wellness. Therese's clinical interests encompass lifestyle medicine, diabetes, hypertension, heart health, women's health, obesity, depression and anxiety.

The valedictorian of her south Louisiana high school class, Therese went on to earn a Bachelor of Science in Nursing from Louisiana State University. She then graduated summa cum laude with a Master of Science in Nursing from The University of Texas Health Science Center at Houston.

On a personal note...

Therese enjoys spending time with her two children, and pursuing her interests in a wide range of activities, including cycling, cooking, gardening, photography, traveling, hiking and camping.



WEIGHT LOSS SERIES



SAVE THE DATE FOR SESSION 2

Friday, September 27th

12:00-1:00pm CDT

Master Healthy Eating Without the Struggle. Learn meal planning tips, strategies to overcome self-sabotage, and find balance.

Please join us for session 2 of our popular Weight Loss series! Even if you were unable to attend session 1, you'll find this second online seminar full of great information and nutrition news you can use.

Three Ways to Sign Up



Email: info@northcypresswellness.com



Phone: [281-807-5703](tel:281-807-5703)



Calendly: [Grab your SPOT!](#)

A Zoom link will be sent to you in advance of Session 2



Flu shots are now available at our office by appointment only! It's best to get the vaccine in September or October so that your immunity will remain strong throughout the 2024-25 flu season.

To schedule your vaccine appointment, please visit your patient portal or call the office at 281-807-5703. Or if you prefer, ask for your flu shot at an upcoming in-person visit.