



Office News: December 2024

drserna.com
doctorenglund.com

Concierge line:
281-807-5703



Dear Patients:

As we celebrate the season, we want to take a moment to express our heartfelt gratitude for being part of our practice. It's truly a privilege to support you in your wellness journey and to witness the growth and resilience you bring to your health.

Live healthy, live well,
Dorothy Cohen Serna, MD, Kelly Englund, MD
Therese, Stacey, & Coach Jeanne

Vegan Chocolate Cream Pie



What more needs to be said about a rich, decadent chocolate cream pie? How about it's only 6 ingredients and none of them are tofu!? Or that no one would guess it's vegan?

Coffee & Coaches

Our Wellness Coaches, Jeanne and Madison, are in town and would love to meet you! Join them for some coffee, conversation, and holiday cheer on Friday, 12/13, between 9:30-11am. [RSVP HERE](#)

Coaching **Holiday Edition** CORNER

Decide now what's most important to you and how you want to feel on the other side of Christmas.

Is it the holiday treats, or is it quality time with loved ones?

Do you want to feel overwhelmed or content?

Think back to previous years:

What traditions do you want to retire?

What moments do you want to repeat?

A little forethought goes a long way.



WEIGHT LOSS SERIES

SAVE THE DATE FOR SESSION 4

Friday, December 6th
1:00-2:00pm



Mastering Maintenance: Learn sustainable strategies to keep your progress steady and start the new year strong.

Sign up [HERE](#)



[Calendly: Grab your SPOT!](#)

A Zoom link will be sent to you in Advance of Session 4