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January

Dear Patients:

Happy New Year! As we step into 2025, we're excited to continue supporting you in your journey toward health and wellness. Each year brings new growth opportunities, and we're honored to be part of your path. Here's to a year filled with vitality, balance, and thriving health.

Live healthy, live well,

Dorothy Cohen Serna, MD, Kelly Englund, MD  
Stacey, Therese, & Coach Jeanne

## The Best Vegan Broccoli Cheese Soup



from the Pinch of Yum

- 1/4 cup olive oil
- 2 cloves garlic, minced
- 1/2 an onion, chopped
- 1-2 stalks celery, chopped
- 4-5 large carrots, chopped
- 1 large potato, peeled and chopped
- 2-3 cups broccoli florets,
- in large pieces for easy removal
- 2-3 cups vegetable broth
- 2 cups almond milk (unsweetened)
- 1/4 cup nutritional yeast - optional, see notes
- 1 1/2 - 2 teaspoons sea salt

## Instructions

- 1. Make Soup Base:** Heat the olive oil over medium high heat. Add the first 5 ingredients. Saute until softened, about 10 minutes.
- 2. Add Broccoli:** Add broccoli, vegetable broth, and almond milk. Simmer until bubbly and broccoli is bright green, about 5 minutes.
- 3. Blend Blend Blend:** Using tongs, pull out most of the broccoli pieces and set aside. Blend the soup, sans broccoli, to a suuuper creamy, cheesy-looking consistency, and then add the broccoli and just pulse a few times to mix it in. This will likely need to be done in batches. Return to pot; stir in nutritional yeast and salt. Taste and adjust and serve!

## Coaching

New Year, New Habits

CORNER

Did you know there's a day each year when most people abandon their New Year's resolutions?

For 2025, that day is predicted to be January 17th. But here's the good news: you don't have to be part of that statistic.

Resolutions often get a bad rap, but at their core, they're simply decisions to do - or not do - something. They're a chance to align your actions with what matters most to you.

This year, stay among the few who keep going. Connect with your "why," focus on what truly matters, and get the right support to stay on track.

Coaching can help you fine-tune your goals, stay motivated, and make lasting changes. Let's work together to make your resolutions stick. Schedule your session today!

## WORKSHOP: Investing in your Health The Cost of Wellness

When to Splurge  
When to Simplify

Join us for a fun and eye-opening look at modern wellness trends and what they mean for your health - and your wallet. Discover how to evaluate trending health interventions and when the simple approach might actually be more powerful.

SAVE THE DATE FOR 2025



January 28th, 1-2pm CT,

Save Your Spot Today!

A Zoom link will be sent to you in Advance