

## Office News: November 2024

drserna.com doctorenglund.com

Concierge line: 281-807-5703



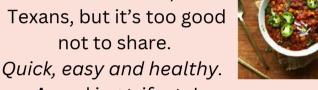
### **Dear Patients:**

With the holidays approaching, it's a great time to set intentions for a healthy season. We're thrilled about the fresh energy our new team members bring, and we remain dedicated to providing aboveand-beyond support. Look out for more workshops and ideas to help you stay well in the months ahead!

> Live healthy. live well. Dorothy Cohen Serna, MD, Kelly Englund, MD Therese, Stacev, & Jeanne

1-pot Red Lentil Chili

A bold move - sharing a favorite chili recipe to Texans, but it's too good not to share.



A cooking trifecta! ongrats,



### Congratulations Dr. Serna, FACLM!

As a newly anointed Fellow of the American College of Lifestyle Medicine, Dr. Serna is now part of a select group of practitioners who have demonstrated the highest standard of professional development and achievement in the field.

This prestigious honor recognizes her exceptional commitment to advancing evidenced-based lifestyle medicine to prevent, treat, and reverse chronic disease. On behalf of everyone at North Cypress Internal Medicine & Wellness:

Thank you for your dedication!



SAVE THE DATE FOR SESSION 3 Friday, November 15th 1:00-2:00pm

Build a Workout Routine You'll Stick To. Avoid the most common pitfalls most people make. Discover exercise that fits your life, set achievable goals, and stay motivated.

Please join us for session 3 of our Weight Loss series! No need to wait until the new year to get started. Tap into that motivation now and start the new year strong.

### **Three Ways to Sign Up**

Email: info@northcypresswellness.com



Phone: 281-807-5703



Calendly: Grab your SPOT!

A Zoom link will be sent to you in Advance of Session 3

## Help us plan for 2025

With the success of the Weight Loss Series we'd love to continue to bring you more topics of interest in the new year.

# <u> Take Our Workshop Survey!</u>