



# Office News: November 2024



[drserna.com](http://drserna.com)  
[doctorenglund.com](http://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 above-and-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, Stacey, & Jeanne

## 1-pot Red Lentil Chili

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

*Quick, easy and healthy.*  
A cooking trifecta!



*Congrats, Dr. Serna!*



### 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](mailto: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.

**Take Our Workshop Survey!**