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February



Dear Patients:

Meaningful relationships are not just good for the heart - they're at the heart of what we value most! We're grateful for the trust and connection we share with you, our patients. This month, we encourage you to nurture the connections in your life. A simple conversation or shared moment can lower stress, boost well-being, and protect your heart.

Live healthy, live well,

Dorothy Cohen Serna, MD, Kelly Englund, MD

Stacey, Therese, & Coach Jeanne



Absolutely Perfect, Best Ever Dark Chocolate Covered Strawberries

12 large long-stemmed strawberries, room temperature

¼ cup (54g) roughly chopped dark chocolate
(If wanting a dairy-free option, try EnjoyLife brand)

1. Line a baking sheet with wax or parchment paper.
2. Wash and thoroughly dry strawberries.
3. Melt dark chocolate in a microwave-safe bowl: heat for 30 seconds, stir for 1 minute, then continue in 10-second intervals, stirring in between, until fully melted.
4. Hold each strawberry by the stem and dip all sides in chocolate, letting excess drip off. Place on the lined baking sheet.
5. Chill in the refrigerator for 15-20 minutes until the chocolate hardens. Serve at room temperature.

GLP-1/Weight Loss Series

Group Coaching

**SIGN UP
HERE!**



Coaching CORNER

Connect and Protect

A Valentine's Gift for the Heart

Research shows that giving and receiving love isn't just good for the soul - it's good for your heart health too. This Valentine's Day, give the gift of quality time to your loved ones.

Here's how to truly connect:

- **Put Away the Screens:** Phones, iPads, and TV can wait. Create space for undistracted connection.
- **Focus on Being Present:** Share a meal, take a walk, or enjoy a heartfelt conversation without distractions.
- **Make It Meaningful:** Ask open-ended questions, listen deeply, and let your loved ones know they matter.

Quality time strengthens relationships and supports your cardiovascular health. This Valentine's Day, and throughout the year, prioritize connection - for your loved ones and your heart!

Weight Loss/ GLP-1 Success Series | Starting February 18th

Transform your journey with the return of our comprehensive 4-part series. Perfect for anyone using or considering GLP-1 medication or just wanting to optimize healthy lifestyle behaviors for sustainable weight loss.

- ✦ Expert guidance from Dr. Serna & Coach Jeanne
- ✦ Understand your medication
- ✦ Build lasting habits!
- ✦ NEW: Group coaching between sessions to learn how to apply the information