



# NOVEMBER 2020

## Get To Know Our Newest Doctor

Join Dr. Beth Dexter-Manade, a Family Physician at the Pareto Health & Wellness Center in Leawood, for a virtual meet & greet to learn more about her philosophy of care, services available and the benefits of using the Pareto center.

Friday, November 13 at 12:30pm

[SIGN UP](#)

## FAQ: Do you take walk-in appointments?

Due to the COVID-19 pandemic, we are unfortunately not taking walk-in appointments at this time. Because we want to keep you and others around you safe, we ask that you schedule an appointment.

## Recipe: Noodle-Less Butternut-Sausage Lasagna

This lasagna swaps pasta for butternut squash layered with a chicken sausage meat sauce, ricotta, and mozzarella. Perfect comfort food without all the carbs.

## INCREASED ALCOHOL INTAKE DURING THE PANDEMIC IS TAKING A TOLL ON YOUR HEALTH



Alcohol is known to be harmful to our health in general. During this time of heightened stress, loneliness and anxiety, some might have suddenly increased their consumption of alcohol as a way of coping with the COVID-19 pandemic. However, did you know that alcohol use can contribute to mental health issues, health vulnerability, risk-taking behaviors and violence?

Alcohol's impact on your body starts from the moment you take your first sip. While an occasional glass of wine with dinner isn't a cause for concern, you should be mindful of

[GET THE RECIPE](#)

your changes in alcohol use and know the health risks.

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## ENJOY THE HOLIDAYS SAFELY



With everyone kissing hello, enjoying appetizers from shared plates and crowding in small areas—your holiday celebrations may look a little different this year to decrease the spread COVID-19. Whether you're hosting or attending a holiday gathering, you can still have meaningful celebrations this year, even if you modify your usual plans. Following this planning guide from the CDC to reduce your risk of being exposed to, getting, or spreading COVID-19 during the holidays.

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