



2009 Annual Report

Our Mission: *To create healthier individuals/families through experiential learning.*

The Living Well Village helps individuals and families choose healthy lifestyles that will improve their quality as well as their quantity of life.

Current Focus: Enormous Need for Nutrition Education

- Each year 300,000 deaths and over \$100 BILLION in health care costs are related to obesity
- One in four children in the U.S. are considered overweight or obese
- Two out of three adults in the U.S. are overweight or obese

Programs run by the Living Well Foundation

- Scouts
- School residential camps with wellness component
- WIT—Wellness in Teens, Tweens, Tots or Twenty Plus
- Retreats
- School outreach programs
- Speakers Bureau
- Collaborations in research with St. Louis Children's Hospital, Washington University, Cardinal Glennon Hospital

Practicum/Internship Site for Students

- Eastern Illinois University
- Fontbonne University
- Maryville University
- Southeast Missouri State University
- Southern Illinois University—Carbondale
- St. Louis University
- Washington University



Health Camps Permanently Housed at the Living Well Village

- R & R Weekend camp programs for the disabled by St. Louis ARC
- Obesity summer camp by Camp Jump Start
- Camp Notacloctagmongus with the Gateway Hemophilia Association

Board Members

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Jean Huelsing R.N., B.S.N., M.Ed



LIVING WELL VILLAGE

HEALTH CAMPS AND WELLNESS PROGRAMS

Financial Summary

Revenue

Contributions	\$318,196
Events	\$9231
Investments	0
<i>Total Revenues</i>	\$327,427

Expenses

Programming	\$202,651
Salaries	\$101,212
Fundraising	\$12,962
<i>Total Expenses</i>	\$316,825

Fund Balance 12/31/09 \$42,238

Wellness is a process in which individuals become aware of their choices and subsequent consequences to these actions. The Living Well Village assists individuals across the life cycle in reaching their highest level of wellness through education with practice. A fulfilling life is a balance between the mind, body, spirit and sense of purpose---all of which are interrelated. It must be a conscious decision in “choosing to live life well”.

Jean Huelsing R.N.
Chief Executive Officer
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