



2016 Annual Report

Our Mission: *To create healthier individuals/families through experiential **action learning** across the life cycle..*

Our Vision: *No child will have adult disease and no one will die from preventable illness!*

The Living Well Village helps individuals and families choose healthy lifestyles that will improve their quality as well as their quantity of life. We give people hope and the skills for a better life!

Current Focus: Enormous Need for Education To Reverse the Catastrophic Event

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

Programs Operated by the Living Well Foundation

- Camp Jump Start Weight Loss Camp For Kids
- Camp Jump Start Confidence (Anti-bullying) Camp
- Family Healthy Lifestyles Weekend Camp
- Healthy Lifestyles College Camp
- Small Business Health Seminars
- Hemophilia camp—Camp Notacloamongus
- Collaborations in research with St. Louis Children's Hospital, Washington University, Cardinal Glennon Hospital, St. Louis University and the University of Washington

Total Camper days—5053

Total Direct Instructional Reach—760

Practicum/Internship Site for Students

- Columbia College
- Eastern Illinois University
- Fontbonne University
- Jefferson College
- Maryville University
- Missouri State University
- Southeast Missouri State University
- Southern Illinois University—Carbondale
- St. Louis University
- University of Nebraska—Kearney
- University of Southern Indiana
- Wabash College
- Washington University
- Western Illinois University

Living Well Foundation Board of Directors

Dave Buck

---Co-founder, owner & partner
Area 51 Marketing

Gail Holden Moran Secretary

---Marketing manager
Integrated Payroll Services

Andrea Korein

---Attorney and
SAFIA Jewelry Representative

Megan Madden Treasurer

---Assurance Manager
MCM CPA

Chris Meitz Vice Chairman

---Vice President of Operational Controls
Scottrade Inc

Mark Rust

---Managing Partner
Barnes & Thornburg LLP

Jane Schraudenbach

---Retired Controller Hussmann Corporation
Private investor and Trader
Stocks and Options

Mary Swan

---Ameren
Corporate Giving (retired)

Living Well Foundation Board of Advisors

Sarah Badahman	---Founder and CEO HIPPAtek
Christopher Bates	---President and CEO Bates Electric Inc
John Beuerlein	---General Partner Edward Jones
Don Binz	---Ziegenhein & Sons Funeral Home (Retired)
Brenda & Brad Bradshaw M.D. , J.D.	---Owners Brad Bradshaw M.D., J.D., LC
Reginald M. Browne	---Managing Director and Senior Trader Cantor Fitzgerald (New Jersey & New York)
Bill & Tina Capraro	---Founder and CEO Cimco Communications (Chicago) Founder Cap Capitol
Sessions Cole M.D.	---Chief Medical Officer St. Louis Children's Hospital
Kelly Eiden Ph.D., R.D., L.D., CNSD	---Director Nutrition Services at Loyola University Medical Center in Chicago Illinois
Joel Fuhrman M.D.	---Private family physician Director of Research at Nutritional Research Foundation in Flemington, New Jersey New York Times Best-Selling Author
Oscar Goldberg CPA	---Owner Massie, Fudenberg, Goldberg LLC
Rebecca Green M.D.	---Pediatric Endocrinologist Springfield Clinic St. John's Hospital Springfield, IL
Alice Handleman	---Past President Women of Achievement St. Louis
Craig Hollander D.D.S.	---Pediatric Dentistry of Sunset Hills
Samuel Klein M.D.	--- Founding Board Chairman* Director of the Center of Human Nutrition and Nutritional Science at Washington University School of Medicine
Mike Lodes	---Edward Jones Advisor
Aaron Mottern	---President and CEO HLT
John Oeltjen, CPA	---Mueller Prost P.C. Director of Corporate Renewal Services, Risk Advisory Services and Manufacturing And Distribution Services
Jerry Paul	---Deaconess Foundation (Emeritus)
Richard N. Priest	---SCORE mentor to small business Retired Senior Vice President of the New York Stock Exchange and Retired Senior Vice President of Atlantic Richfield Oil Company
Rex Reed	---YouthBridge Community Foundation (retired)
John Shea	---Owner Shea Construction & Design
Rick Stein Ph.D.	---Research Assistant Professor Behavioral Director Weight Management Program Washington University School of Medicine
Jillon Vander Wal	---Associate Professor Clinical Psychology St. Louis University

NON-VOTING Officers of the Corporation

Allison Fritschel RD	---Living Well Foundation Chief Program Officer
Jean Huelsing RN	---Living Well Foundation Co-Founder and Chief Executive Officer
Thomas J. Huelsing CPFT	---Living Well Foundation Co-Founder and Chief Operating Officer

Financial Summary

Revenue

Contributions	\$926,399
Events	\$30,233
Investments	3850
<i>Total Revenues</i>	\$960,482

Expenses

Programming	\$745,177
Administrative	\$90,527
Fundraising	\$31,000
<i>Total Expenses</i>	\$866,704

Fund Balance 12/31/16 **\$3,608,751**

In Conclusion

A fulfilling life is a balance between the mind, body, spirit with a sense of purpose---all of which are interrelated. Wellness is a process in which individuals become aware of their choices and subsequent consequences to their actions. Living Well Village assists individuals in reaching their highest level of wellness through education and practice in an immersive healthy lifestyle camp. Learn it, Live it and Do it at Home! It must be a conscious decision in "choosing to live life well".