



2017 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 in the summer camp program
- Family Healthy Lifestyles Weekend 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, Maryville and the University of Washington

Total Camper days—4,887

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

Current Living Well Foundation Board of Directors

Daniel Backowski (acting Secretary)—Director of Search Engine Marketing--Colibri Group

Stephen Berrier— Purk & Associates, P.C.

Dave Buck—Area 51 Marketing co-owner

Chris Meitz (Out-going Chairman)—Vice President of Operational Controls Scottrade Inc

Gail Holden Moran—Marketing manager Integrated Payroll Services

Jane Wulf (In-coming Chairman)—Chief Administrative Officer Scottrade—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

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

Caldwell Esselstyn M.D.

--General Surgeon
Cardiovascular Disease Prevention and Reversal
Cleveland Clinic's Wellness Center
New York Times Best-Selling Author

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

Alice Handelman

St. John's Hospital Springfield, IL

---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 (1949-2015)

---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)

Mark Rust

-- Managing Partner Barnes & Thornburg LLP (Chicago, Illinois)

John Shea

---Owner

Shea Construction & Design

Rick Stein Ph.D.

---Research Assistant Professor

Behavioral Director Weight Management Program Washington University
School of Medicine

Curtis Strite

-- Vice President of Technology at Multiply

Jillon Vander Wal

---Associate Professor Clinical Psychology
St. Louis University

Neil H. White M.D., C.D.E.

---Professor of Pediatrics and Medicine and
Co-Leader of Pediatric and Patient-Oriented Research Unit at Washington
University School of Medicine and St. Louis Children's Hospital

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	\$1,067,930
Events	\$26,115
Investments	\$7,652
<i>Total Revenues</i>	\$1,101,797

Expenses

Programming	\$854,327
Administrative	\$64,644
Fundraising	\$28,772
<i>Total Expenses</i>	\$947,743

Fund Balance 12/31/17 **\$3,762,805**

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".