



News

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Hawaii's First Weight Loss Camp for Children to Open This Summer

Wellspring Hawaii is Latest Addition to Leading Youth Weight Loss Organization

(HILO, HI – April 16, 2007) – Healthy Living Academies, the leading organization of treatment programs for overweight and obese youth, today announced the opening of Wellspring Hawaii, the first summer weight loss camp in Hawaii, a state where nearly one third of all children is considered overweight or obese.

Wellspring Hawaii will serve young men and women ages 13-18, with campers expected from Hawaii and the mainland, as well as from Asia, Australia, and Europe. Campers will benefit from decades of scientific research and the unprecedented weight loss outcomes demonstrated by thousands of young people at Healthy Living's six other summer camps and two year-round boarding schools.

“What makes Wellspring so successful is that we address the combination of factors that lead to weight gain and interfere with long-term success at weight loss,” said Dr Daniel S. Kirschenbaum, Healthy Living Academies clinical director and professor at Northwestern University Medical School. “Through a combination of cognitive-behavioral therapy, and an incredibly supportive and enjoyable introduction to healthy eating habits and daily activities, our prior evaluation studies indicate that campers at Wellspring Hawaii can expect to lose about four pounds per week while enrolled, and continue to lose weight after returning home.”

“Wellspring Hawaii campers will not only receive culinary instruction and develop greater self-awareness of what they eat, they will also experience the many great activities Hawaii has to offer,” said Todd Duncan, program director. “Campers will be able to surf, climb, hike, canoe and participate in a range of team sports and aerobics classes.”

Wellspring Hawaii is a program of Healthy Living Academies. To learn more about Wellspring Camps visit www.wellspringcamps.com. Healthy Living Academies is the leading organization of treatment programs for pediatric and adolescent obesity. Healthy Living Academies programs include Academy of the Sierras California, Academy of the Sierras North Carolina, Wellspring New York, Wellspring Adventure Camp, Wellspring Adventure Camp California, Wellspring Texas, Wellspring Hawaii, Wellspring Family Camp in Michigan, and Wellspring UK. To learn more about Academy of the Sierras, Wellspring Camps or Healthy Living Academies, visit www.healthylivingacademies.com or call 866-364-0808.

Healthy Living Academies is a division of Aspen Education Group, the nation's leading provider of education programs for struggling or underachieving young people. With over 30 programs in 12 states and the United Kingdom, Aspen provides a comprehensive range of therapeutic interventions, including boarding schools, residential treatment and wilderness therapy. Aspen Education Group is a division of CRC Health Group, the nation's largest chemical dependency and related behavioral health organization. For more information, visit www.aspeneducation.com or call 888-972-7736.

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