



# News

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## **Healthy Living Academies Announces Creation of Wellspring Community Programs, Launches First After-School Weight Loss Program**

(Houston, TX—August 7, 2007) — Healthy Living Academies, the leading organization of treatment programs for overweight and obese children, adolescents and young adults, has taken the fight against childhood obesity into local communities. Today it announced the creation of Wellspring Community Programs, an after-school weight loss program for children and teens that partners with local schools and communities across the nation.

“Education and community leaders recognize the growing issue of childhood obesity and want to do something about it,” commented Lev Kaye, Managing Director of Wellspring Community Programs. “By offering a proven immersion weight-loss program in an after-school environment, now these community leaders and local parents have a solution to help their kids.”

Based upon the highly effective residential weight-loss program of Healthy Living’s Academy of the Sierras boarding schools and Wellspring Camps, Wellspring Community Programs will reach thousands of students with this community weight loss program.

Wellspring’s comprehensive and intensive approach fosters a sustainable, healthy lifestyle in students by combining diet management skills and physical activity with cognitive behavioral therapy. By focusing on behavioral change and extensive family outreach rather than solely education, Wellspring Community Programs aim to be the most effective outpatient weight-loss program for teens and young adults.

Wellspring's first after-school weight loss and fitness program is with The Woodlands, a community in north suburban Houston, Texas. Wellspring has the support of local medical and mental health professionals, as well as faith-based organizations in and around The Woodlands. By partnering with the Community Association of the Woodlands Department of Parks and Recreation, local adolescents will be given the opportunity to learn and adopt a new, healthy lifestyle.

"We recognize the physical and emotional toll being overweight has on the youth in our community," said Linda K. Hughes, Recreational Superintendent for The Woodlands Department of Parks and Recreation. "By working with Wellspring Community Programs, we can offer our local kids a real solution to improve their diet, activity, and self-confidence."

Healthy Living Academies is a division of Aspen Education Group, the nation's leading provider of education programs for struggling or underachieving young people. Wellspring Community Programs is the community treatment alternative of Healthy Living Academies, the leading organization of treatment programs for pediatric and adolescent obesity. Other 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 Wellspring Community Programs call 866-364-0804 or visit [www.wellspringprograms.com](http://www.wellspringprograms.com); to learn more about Wellspring Camps or Academy of the Sierras, call 866-364-0808 or visit [www.healthylivingacademies.com](http://www.healthylivingacademies.com).

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