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WellCare Foundation Addresses Childhood Obesity First Hand (Staff Nurse Practices What She Preaches—Loses 33 Pounds)

PHOENIX, Ariz. (February 23, 2010) – With Michelle Obama’s recent unveiling of the child-obesity “Let’s Move” campaign, healthful food choices and exercise are uppermost in the minds of many Valley parents. One in three American children is overweight or obese—a recipe for future health problems and illnesses.

The WellCare Foundation, founded in 1999 by Marge Ebeling, has been addressing the epidemic of the disease of obesity for five years through a special, integrated holistic, program called ONES (an acronym for **O**besity, **N**utrition, **E**xercise and **S**tress reduction.)

WellCare mothers and their children who agree to join the ONES Program make a commitment to a proactive program to lose weight and gain health.

Celeste P., a registered nurse and single mother, who recently joined the WellCare staff and was overweight, decided that if she was going to help patients in the ONES Program she would ‘practice what she preached’ and follow the same guidelines. In three months Celeste has lost 33 pounds! She has motivated many of the mothers, teens and children in the ONES Program who are finally reaching their health goals.

She has also established the “WellCare Warriors” walking and running team, that will participate in WellCare’s 5k, 10k walk/run on May 1, 2010.

About WellCare Foundation

WellCare Foundation is a 501C3 non-profit and provides free, integrated, primary healthcare to single working mothers and their children not reliant on state assistance and who cannot afford the cost of insurance or to pay for needed healthcare.

For further information, call 602.263.7619 or visit www.wellcarefoundation.org .