

SAVE-THE-DATE for these upcoming Wellness Foundation Events . . .

Vegan Potluck Dinners

Bring a vegan-friendly dish to share, a copy of your recipe, and your own utensils and plates. These are free community events, open to all—bring a friend!

- Monday, September 9th at 6:00 p.m. at Amber Waves Farm, Amagansett
- Monday, October 7th at 6:30 p.m. at the East Hampton Middle School Cafeteria
- Monday, November 4th at 6:30 p.m. at the East Hampton Middle School Cafeteria
- Monday, December 2nd at 6:30 p.m. at the East Hampton Middle School Cafeteria

Wellness Challenge Refresher Class for program graduates

Thursday, September 12th, 6-8 p.m., at the Hampton Library in Bridgehampton

Get back on track with your wellness journey at this special refresher class led by Peggy Kraus. Enjoy special food tastings from “W” Restaurant program participants. Call the office at (631) 329-2590 to register.

“Forks Over Knives” Film Screening

Monday, September 16th, 7 p.m., at the Jewish Center of the Hamptons, East Hampton

This groundbreaking documentary offers compelling evidence that many degenerative diseases may be prevented or even reversed, through a whole food, plant-based diet. Call the office at (631) 329-2590 to register.

Fall Seminar with T. Colin Campbell, Ph.D. “Rethinking the Science of Nutrition”

Tuesday, September 17th, 7 p.m., at the East Hampton Middle School Auditorium

Join us for a special evening with Dr. Campbell, Wellness Foundation Advisory Council Member and New York Times best-selling author. See the front cover of this newsletter for more information.

Fall Wellness Challenge Begins the week of October 7th, 2013

Registration opens September 6, 2013. See www.wfeh.org and inside this newsletter for more information.

WELLNESS ZONE MEMBERSHIP PROGRAM • • • News & Events

This spring we launched our new *Wellness Zone Membership Program*, designed to provide you with the ongoing inspiration, motivation, education, and support to live your healthiest and happiest life—as you continue your wellness journey! Membership benefits include:

- Teleconferences with Wellness Experts from our World Class Advisory Council
- Monthly Support Groups • Motivating Challenges and Contests
- Members Only Film Screenings and Educational Seminars
- Members Only Online Forums Cooking Classes • Membership Discount Card
- Monthly Emails with Tips and Recipes—and more!

To learn more about the program and to register, visit our website, wfeh.org or call our office at (631) 329-2590. Membership in the program is open to all past Wellness Challenge and Wellness Circle participants.

UPCOMING EVENTS FOR WELLNESS ZONE MEMBERS:

- Sept. 10, 8 p.m.
 - Teleconference with Dr. Pam Popper
- Sept. 26, 6:30 p.m. at East Hampton High School
 - “Flavors of Fall” Cooking Class with Tapp Francke Ingolia
- Sept. 30, 7 p.m. at Hampton Library, Bridgehampton
 - Member Support Group

These events are for Wellness Zone Members only. Members: please look for your monthly email, with full event details and registration information, or call the office at (631) 329-2590.

Stay up-to-date on all of our upcoming events and programs! Join our e-mail list (e-mail: info@wfeh.org), visit us online at www.wfeh.org and find us on Facebook and Twitter for all the latest news!



Wellness Foundation Empowering People

WELLNESS FOUNDATION OF EAST HAMPTON NEWSLETTER • FALL 2013

SAVE THE DATE FOR OUR ANNUAL FALL SEMINAR

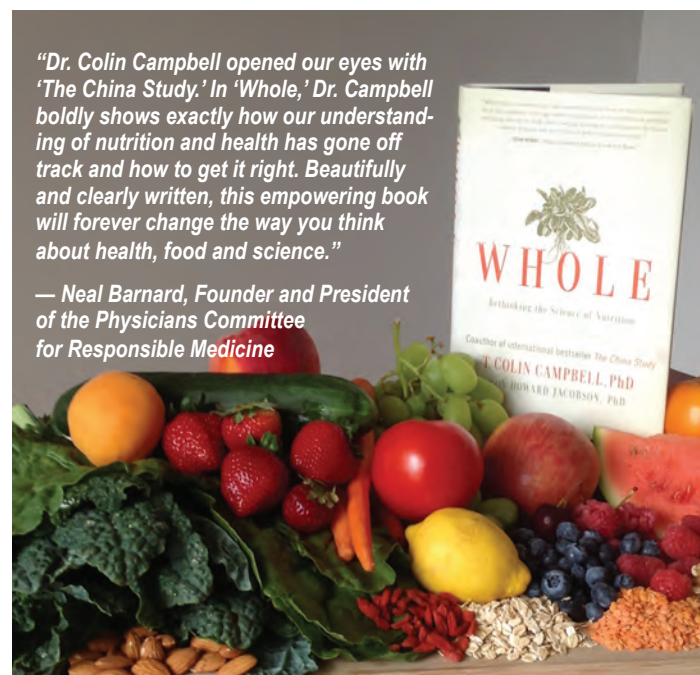
7PM • TUES, SEPT 17, 2013
EAST HAMPTON MIDDLE SCHOOL

New York Times best selling author of *The China Study*

Dr. T. Colin Campbell

speaking about his new book

Whole: Rethinking the Science of Nutrition



“Dr. Colin Campbell opened our eyes with ‘The China Study.’ In ‘Whole,’ Dr. Campbell boldly shows exactly how our understanding of nutrition and health has gone off track and how to get it right. Beautifully and clearly written, this empowering book will forever change the way you think about health, food and science.”

— Neal Barnard, Founder and President of the Physicians Committee for Responsible Medicine

Join us for this special evening—you’ll change the way you think about food and leave with the tools and knowledge to put yourself on the path to a healthier life!

At the seminar, Dr. Campbell will present an informative program discussing his new book “Whole: Rethinking the Science of Nutrition,” which details the science behind all the evidence presented in “The China Study.”

A distinguished member of Wellness Foundation’s Advisory Council, Dr. Campbell was our featured speaker six years ago, drawing a standing room only audience!

Few books have revolutionized how people look at food like Dr. T. Colin Campbell’s “The China Study.” His work is the definitive guide on the health benefits of plant based eating to prevent and reverse chronic disease. “The China Study” inspired the groundbreaking documentary “Forks Over Knives.”

Space is limited, advance registration by Sept. 12 requested. \$10 suggested donation. To Register: Call (631) 329-2590 or Email: info@wfeh.org. Free for Wellness Zone Members. Members must present their Wellness Zone Membership Card.

AFTER THE PROGRAM: Join us for Healthy Refreshments by *Simply Sublime* and . . .

- **BOOK SALE & SIGNING:** Dr. Campbell will sign copies of “Whole” and “The China Study Cookbook” by LeAnne Campbell
- **FALL WELLNESS CHALLENGE REGISTRATION:** Take action and jump-start a healthier lifestyle!



“What Wellness Foundation is doing in East Hampton is nothing short of amazing.”

—Joe Cross (star of “Fat, Sick & Nearly Dead”)

See inside for photos from our 2nd Annual Summer Benefit, where Joe was named recipient of our 2013 Illumination Award!

See Inside for News About...

FALL WELLNESS CHALLENGE



Healthy Food for Life Program

WELLNESS ZONE MEMBERSHIP PROGRAM

WELLNESS IS A JOURNEY . . . LET US BE YOUR GUIDE • WWW.WFEH.ORG

Empowering the Generation of Change: *Healthy Food for Life* keeps growing!

We're very pleased to announce that beginning with the new school year, our successful *Healthy Food for Life* program for students is expanding, yet again!

The program will now be taught to students at the Sag Harbor Elementary School, and the Bridgehampton and Southampton Schools. We are also expanding our program to include Pre-K and Kindergarten, 3rd and 6th grade.



Welcome Sue Nicoletti

We are thrilled to welcome Sue Nicoletti to our Healthy Food for Life team! Sue recently retired from the Montauk School. Sue has 33 years of teaching experience and curriculum design. She will be teaching our pre-K and Kindergarten program and Ginny Reale will continue to teach our third and sixth grade programs.

**WELLNESS FOUNDATION IS...
*Changing Lives***



Robert Almaraz, before and after the Wellness Challenge

My weight had gotten out of control, and my cholesterol and sugar levels were at a place they had never been. Shortly before the *Wellness Challenge* started, I had been put on medication for both. I had very little energy, and I had completely stopped exercising. A few days before the *Challenge* started, my wife and I went for a walk. I was barely able to walk a quarter of a mile without being winded and having back pain.

The first night of the class I had a sense of excitement that I hadn't had in a long time. Something in my head said, "This program just feels right." I went home with a feeling of hope.

After week 5, we had our weigh-in and waist measurement check. I was elated to find out that I had lost 35 lbs. and that my waist had gone down 3 inches. I saw the results of my blood work at graduation, and I was shocked. My triglycerides had fallen more than 150 points, my cholesterol was near 150 from a high of 208, and most important to me, my glucose went from 205 to 91.

I'm happy to report that now, 4 weeks after the *Wellness Challenge*, I am down another 20 lbs., and I am able to walk at least 10 miles and can do a 3 min. run/1 min. walk routine for 35 minutes. I am currently training for the NYC Marathon in November.

Thank you Wellness Foundation for all that you have done for me and for the community!

—Robert Almaraz, Spring 2013 *Wellness Challenge* Graduate

**FALL WELLNESS CHALLENGE
- Kicks Off October 7th -**

Register for the Fall Wellness Challenge, our highly acclaimed and effective 6-week program designed to help you lose weight, lower cholesterol, reduce prescription drug usage and gain more energy and vitality... all while increasing your level of exercise, and eating heart healthy, quick, delicious and nutritious foods!

LOCATIONS:

Mondays, 7 - 8:30 p.m. (Begins Oct. 7)
Ed and Phyllis Davis Wellness Institute of Southampton Hospital

Tuesdays, 7 - 8:30 p.m. (Begins Oct. 8)
Sag Harbor Pierse.n High School

Wednesdays, 10:30 a.m. - 12 p.m. (Begins Oct. 9)
Hamptons Library, Bridgehampton

Thursdays, 7 - 8:30 p.m. (Begins Oct. 10)
Jewish Center of the Hamptons, East Hampton

Registration opens September 6.
To register, call Wellness Foundation at (631) 329-2590 or download registration materials on our website: www.wfeh.org.



WELLNESS FOUNDATION

Wellness Foundation provides programs, services, and support that empower the community by promoting a lifestyle of optimal nutrition, fitness and health.

STAFF

- Douglas D. Mercer, President
- Jennifer Taylor, Executive Director
- Barbara Kinnier, Outreach Director
- Peggy Kraus, Senior Associate
- Gwen McGowan, Senior Associate
- Sue Nicoletti, Associate
- Ginny Reale, Senior Associate
- Ann Viviano, Associate
- Marie Weller, Associate

BOARD OF DIRECTORS

- Stuart Baker
- Lynn Follenius
- Anthony R.H. Gerard
- Stephen R. Gretz
- Douglas D. Mercer
- Michele Sacconaghi
- George Yates

ADVISORY COUNCIL

- Neal D. Barnard, M.D.
- T. Colin Campbell, Ph.D.
- Antonia Demas, Ph.D.
- Caldwell B. Esselstyn, Jr., M.D.
- Rip Esselstyn
- Joel Fuhrman, M.D.
- Henry S. Lodge, M.D.
- Pam Popper, Ph.D., N.D.

WELLNESS FOUNDATION

65 Dunemere Lane
East Hampton, NY 11937

Phone: (631) 329-2590
Fax: (631) 329-3714

Website: www.wfeh.org
E-mail: info@wfeh.org

Wellness Foundation is a 501(c)(3) non-profit corporation.

Wellness Foundation's 2nd Annual Summer Benefit • Saturday, June 22, 2013



OUR 2ND ANNUAL SUMMER BENEFIT was a huge success! Wellness Foundation honored documentary filmmaker and CEO and Founder of *Reboot with Joe*, Joe Cross, with our 2013 Illumination Award.



Joe's award-winning documentary "Fat Sick & Nearly Dead" has been seen by over 8 million people and has inspired millions of people to take control of their health by changing to a more plant based diet.



The outdoor event was held at Pat and Doug Mercer's East Hampton village residence under a beautiful Sperry tent, overlooking Hook Pond. Guests enjoyed delicious vegan hors d'oeuvres catered by Art of Eating, wine by Amagansett Wine and Spirits and music by Jane Hastay, Peter Martin Weiss and John Cataletto.

Dr. Merv Cross, Pat Mercer, Joe Cross, Virginia Cross and Doug Mercer, Wellness Foundation's Founder and President



Catherine Follenius, Stanley Friedman and Lynn Follenius



Dr. David Lado, Faith Evans and Vivienne Evans



James and Kathryn Murdoch, Joe Cross, Tracey and Filip Rensky, and Victorine Deych



Erica Broberg Smith and Tapp Francke Ingolia



Harold McMahon and Beth Eckhardt



Jackie Mitchell, Sarah Amaden, Stacey Atlas, Jane Walkowicz and Beverly Murphy



Judy Rall, Ruth Greenbaum and Sarabelle Prince

We extend special thanks to our Benefit Committee Members and Event Sponsors, without whose generous support our Summer Benefit would not have been possible.