

# FULL SPEED AHEAD

HWA celebrates third anniversary of promoting healthy living

Entering its third year of existence, the Houston Wellness Association (HWA) is comprised of more than 500 members, including graduate students, individuals, small businesses, not-for-profit organizations and large corporations, all committed to the organization's mission of advancing the health and well-being of our community and the economic vitality of our wellness sector with a vision to transform Houston into a widely-modeled, innovative city for healthy living.



The HWA is planning numerous informative and exciting programs this year to help deliver our message to as many Houstonians as possible. Helping to carry out those plans is a core group of dedicated and talented individuals devoted to improving the overall health of Houston area residents.

## 2009 Board of Directors

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CEO, The Health Museum

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Vice President Human  
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Partnership

Christine Mei  
Director, Strategic Planning,  
Minute Maid

Francis Page  
CEO  
*Style Magazine*

*The Houston Wellness Association  
has created an advisory board consist-  
ing of a diverse group of health and  
wellness professionals:*

Robert Austin, M.D.  
Consultant

Charles Bacarisse  
Vice President of Advancement,  
Houston Baptist University

Molly Bray, Ph.D.  
Associate Professor of Pediatrics,  
Children's Nutrition Research  
Center, Baylor College of  
Medicine

Gary Earl  
Founding Partner, Communities  
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Professor of Health Disparities  
Research, University of Texas  
M.D. Anderson Cancer Center

Laura Murillo, Ph.D.  
President & CEO, Houston  
Hispanic Chamber of Commerce

Jim Phillips, M.D.  
Senior Associate Dean and  
Professor, Baylor College of  
Medicine

Eduardo Sanchez  
Vice President and Chief Medical  
Officer, Blue Cross Blue Shield of  
Texas

*The HWA invites the public to  
become a member of the association  
and to get involved in one or more of  
our 11 committees:*

African American Wellness  
Committee  
Chair: Cynthia Nickerson  
Meetings: Second Tuesday of  
every month, 11:30 a.m. to 1  
p.m.

Children & Family Wellness  
Committee  
Chair: Mark LeBanc  
Meetings: First Wednesday of  
every month, 11:30 a.m. to 1  
p.m.

Communications Committee  
Chair: Brian Davidson  
Meetings: Second Thursday of  
every month, 2:30 p.m. to 4 p.m.

Complementary & Integrative  
Wellness Committee  
Chair: Kathy Tauber  
Meetings: Second Thursday of  
every month, 7:30 a.m. to 9 a.m.

Food & Nutrition Wellness  
Committee  
Chair: Dorcas Ukpe, RD  
Meetings: First Tuesday of every  
month, 11:30 a.m. to 1 p.m.

Hispanic Wellness Committee  
Chair: Freddy Georges  
Meetings: First Wednesday of  
every month, 3:30 p.m. to 5 p.m.

Medical Wellness Committee  
Chair: Bobby Moore, DPM  
Meetings: Second Tuesday of  
every month, 2:30 p.m. to 4 p.m.

Membership Committee  
Chair: Krissy Fields  
Meetings: First Thursday of every  
month, 11:30 a.m. to 1 p.m.

Mental & Behavioral Wellness  
Committee  
Chair: Tina Wrotenbery  
Meetings: First Thursday of every  
month, 7:30 a.m. to 9 a.m.

Technology Wellness Committee  
Chair: Manfred Sternberg  
Meetings: First Tuesday of every  
month, 3:30 p.m. to 5 p.m.

Worksite Wellness Committee  
Chair: Maureen Godfrey  
Meetings: Second Thursday of  
every month, 11:30 a.m. to 1  
p.m.

All meetings are held at the  
HWA office, located in the  
Houston Technology Center (410  
Pierce Street). For more informa-  
tion, contact  
[info@houstonwellness.org](mailto:info@houstonwellness.org) or call  
713-357-9515.