

*We personalize a treatment plan that takes into account each individual's needs*



## Getting Started

Want to know more?

Talk with your child's primary care provider for a referral or call (207) 404-8282

*Ask about our telemedicine service when you call.*

## Where are we located?

We are located at the Penobscot Pediatrics Building



## Clinic Hours

Monday, Tuesday and Thursday

**7:30 a.m. to 6:30 PM**

Wednesday

**8 a.m. to 2 p.m.**

*Messages can be left at any time*

WOW 4 Wellness Clinic  
6 Telcom Dr.  
Bangor, ME 04468  
Phone: (207) 404-8282  
Fax: (207) 307-3901

# WOW 4 WELLNESS



*Our Mission Is to Improve the Health of Children in Our State*

## Our Team

### Valerie M. O'Hara, DO

Pediatric Bariatrician certified in Obesity Medicine, Medical director

### Starr Johnston, RN

WOW Nurse and Clinic Coordinator

### Kathrin Hastey, FNP

WOW Nurse Practitioner

### Jennifer Curran, PhD

WOW Health & Behavior

### Mellisa Bernardini, RD

WOW Registered Dietician

## Personal Trainers From Our Community Partners

Dr. Valerie O'Hara and the WOW 4 Wellness team are passionate about improving the health of patients and helping families find their **Way to Optimal Weight**.

## WOW 4 Wellness Clinic's Mission

The WOW Clinic's mission is to improve the overall health of the children in our state.

Our team focuses on making healthy lifestyle choices become the new and improved habits for the entire family. We have learned over the last 20 years that carrying extra weight increases our chances of heart disease, diabetes, as well as many other health problems. We understand there are many complicated causes of extra weight. Our team assesses and designs a treatment plan that takes into account each patient's individual needs. Our goal is to help each child obtain and maintain a healthier weight, as well as address related health conditions.

## About WOW 4 Wellness

Our clinic is a multi-disciplined, family-centered clinic for children and adolescents (ages 15 months - 19 years) at higher risk for weight - related health problems. We offer in-person and telemedicine services to accommodate anyone's schedule.

## WOW is Divided Into Four Phases:

### Phase 1

Eight weekly visits, including initial medical, behavioral and dietary consultations

### Phase 2

Six biweekly visits, including follow-up behavioral and dietary consultations.

### Phase 3

Six biweekly - monthly visits, including follow-up behavioral and dietary consultations.

### Phase 4

Ongoing.

*Physical Activity with our Personal Trainers following WOW Schedule (virtual and in-person options available) Free of Charge.*



## Our Goal

To decrease the many health-related consequences associated with extra weight, including:

- Diabetes (Abnormal Sugars)
- Elevated Cholesterol
- Fatty Liver Disease
- High Blood Pressure
- Heart Disease
- Depression/Anxiety
- Low Self Esteem
- Bullying
- Joint Pain

