



Dr. Judy Ann Wellington
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Dr. Judy Ann Wellington is a Board-Certified Family Nurse Practitioner, best-selling author, and CEO of Evolve Total Health, where she leads with purpose, passion, and proven results. With over 25 years of experience in healthcare, she is a nationally recognized expert in medical weight loss, wellness innovation, and faith-based transformation.

As a dynamic speaker, mentor, and entrepreneur, Dr. Judy Ann Wellington empowers individuals to reclaim their health, rewrite their narratives, and rise into their full potential. Her work has helped thousands lose weight, restore confidence, and break generational barriers one life at a time.

Through her books, clinical programs, national speaking engagements, and business mentorship initiatives, she is on a mission to build legacies, elevate communities, and create access to real, sustainable change. Whether in the exam room or on stage, Dr. Judy Ann Wellington is a force for healing, hope, and holistic success. Her work is more than a profession, it's a calling to elevate lives and break chains for generations to come.