

Living WELL Aware

WELLNESS Training

October 9, 2019

For School and ESC Employees, Organizations Dealing with
Adolescents, Parents, SHAC Members

THE PROBLEM: Today, the medical statistics are startling: increasing rates of obesity, diabetes, depression, suicide, and a host of other diseases in adolescents and adults. This has led to poor school performance and attendance in our students. In adults, this leads to work absenteeism, employee turnover, work/life dissatisfaction, and ultimately a proven decrease in life expectancy. For those dealing with our youth on a daily basis, elevating personal health and happiness is critical.

THE ANSWER: We can all improve our health and happiness, and that of those we educate and mentor, if we are Living WELL Aware! It's a fact: We will have healthier children when we surround them with healthy adults at home, in schools, and in their communities.

Don't miss this unique day of wellness training for all adults who interact with adolescents. In addition to an overview of the Living WELL Aware Adolescent Health Program (previously entitled Baylor Scott & White Adolescent Wellness & Sexual Health Program), topics on adult wellness will be a major focus. Attendees will leave with effective strategies on reducing adolescent risk behaviors as well as a personal wellness plan for their life.

The training will be held at the **Cultural Activities Center, 3011 North Third Street, Temple, Texas, on October 9, 2019, from 8am to 4pm.** The training is ideal for individuals who teach our adolescent health curriculum and anyone involved with the well-being of adolescents: **nurses, counselors, social workers, school administrators, and educators.** This training is also ideal for members of the School Health Advisory Council (SHAC), ESC, and any organization that deals with adolescents, as well as parents.

The training focuses on adult and adolescent wellness. When it comes to our health and happiness, we all play by the same rules. Come and learn the latest on **WHAT IS HEALTHY?** Aspects of physical, emotional, social, and financial wellness will be covered.

NOTE: We will be discussing plans to totally update and take online all 4 levels of the adolescent health program with components for parents and school employees. Come hear about this exciting one-of-a-kind program with roll-out over the next two academic years.

The training is led by Patricia J. Sulak, MD, founder of the original Adolescent Wellness & Sexual Health Program (previously Worth the Wait) and founder of Living WELL Aware. She is a practicing physician, medical school professor, internationally known researcher and speaker. Dr. Sulak was given the Texas State Board of Education Heroes for Children Award and the American College of Obstetrics and Gynecology Community Service Award for her contributions in school health. Attendees will be updated on the latest in adolescent and adult health risk behaviors. For those involved in teaching adolescent wellness & sexual health, the latest in STDs, teen pregnancy, suicide, and legal issues will be discussed.

As a **THANK YOU to school districts** who have continued to use our adolescent wellness & sexual health program over the years, we are allowing the superintendent, assistant superintendent, a principal, OR the director of human resources to attend at no cost (maximum of 20 free registrations – first come basis; only one person free per school district). To access your free registration, you must contact Program Manager Sandy Adair at sandy@livingwellaware.com.

EARLY REGISTRATION BY Sept 18, 2019: \$195

LATE REGISTRATION AFTER Sept 18: \$225

We can only accommodate 100 attendees. SEATING IS LIMITED SO REGISTER EARLY. We look forward to seeing you at this informative and inspiring wellness training.

Patricia J. Sulak, MD
Founder, Living WELL Aware LLC
Founder, Adolescent Wellness & Sexual Health Program

To register, follow link: <https://wellness-training-october-2019.eventbrite.com>



living **WELL** aware™

PATRICIA J. SULAK, MD