



living **WELL** aware™
PATRICIA J. SULAK, MD

Living WELL Aware Abundance is Available to All of Us

A Life Transforming Wellness Experience
for Busy Women
Friday, November 8, 2019, Temple TX
8:30am – 4:30pm
(healthy lunch included)



We all want to be healthier and happier. The problem: Do you find yourself too busy to take care of the most important person in your life: YOU? It's a FACT: We will be more productive, creative, and help even more people if we are working towards being the best version we are capable of being.

That's what **Living WELL Aware: Abundance is Available to All of Us** is all about! This enlightening immersion into all aspects of wellness (physical, emotional, social, financial, and spiritual) will be conducted by Patricia J. Sulak, MD, founder of Living WELL Aware, and a national recognized speaker, author, researcher, practicing physician, and medical school professor. Dr. Sulak speaks throughout the country to diverse groups on holistic wellness and women's health issues. She has constructed a unique wellness event that transforms lives by delving into the difficult questions we all must answer to remove self-limiting beliefs and barriers that hinder our growth and prosperity. This will NOT be a boring conference! This is a wonderful time of the year to get ready for the hustle and bustle of the holidays AND prepare for making 2020 The Year of Abundance for You.

This one-day wellness experience will cover issues critical to implementing a lifelong wellness plan including:

- Analyzing and removing self-limiting beliefs to improve our self-image.
- Examining the causes, consequences, and cure for stress in our lives.
- Reviewing the most common causes of preventable disability and death including emotional disorders, heart disease, stroke, cancer, dementia and other health disorders.
- Discussing and experiencing the healthiest food consumption to prevent disease.
- Physical activity guidelines and regimens for ALL ages and levels of fitness.
- Exploring killers of well-being and keys to a successful wellness journey.
- And MUCH more!

The wellness conference will be held at the Cultural Activities Center 3011 N Third Street, Temple, Texas. EARLY Registration before Oct 18: \$99 After Oct 18: \$129
Registration Link: <https://livingwellawareabundance.eventbrite.com>