

Living WELL Aware

Adolescent Wellness & Sexual Health Training

February 13, 2020



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. For those dealing with our youth on a daily basis, learning the latest on improving health and happiness is critical.

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 Thursday, February 13, 2020, from 8:30 am to 4pm in Wendland Hall. **Registration begins at 8am**, and training begins promptly at 8:30am. Breakfast will not be provided. A complimentary, healthy lunch will be provided. If you have special dietary needs or preferences, please bring a lunch.

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 work with adolescents, as well as parents.

The training focuses on wellness for adolescents and adults. 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 the 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. 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 Dana Riegel at dana@livingwellaware.com .

REGISTRATION FEE: \$225

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

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

To register click: <https://lwaadolescentwellnesstrainingfeb2020.eventbrite.com>



living **WELL** aware™

PATRICIA J. SULAK, MD
JEFFREY A. WAXMAN, MD