
Living WELL Aware in Santa Fe

A Life Transforming Wellness Experience for Women
Santa Fe, New Mexico Sept 12 - 16, 2021

Want to take aspects of your life to a greater level of well-being: physically, emotionally, socially, financially, spiritually? That's what **Living WELL Aware in Santa Fe: A Life Transforming Wellness Experience for Women** is all about! This enlightening immersion into all aspects of wellness will be conducted by Patricia J. Sulak, MD, founder of Living WELL Aware LLC. Dr. Sulak is a nationally recognized, award winning practicing physician, medical school professor, researcher, author, and speaker. She presents throughout the country on her passionate pursuit and amazing success in obtaining a life of greater health, happiness, and vitality by incorporating scientifically proven strategies to increase well-being. Don't miss this truly life-changing event. It WILL be a game changer for your life!

Topics to be covered:

- **THE ROOT CAUSE OF DISEASES: WHAT'S HAPPENING UPSTREAM THAT'S LEADING TO ALL THE PROBLEMS DOWNSTREAM?**
- **DISEASE PREVENTION:** Scientifically proven strategies to dramatically reduce heart disease, stroke, dementia, cancer, autoimmune diseases, and other common health problems
- **FOOD FADS AND FASTING:** What IS the healthiest food consumption? How often should we eat? EFFECTIVE weight loss strategies. Experience 5 days of healthy food
- **AGING:** Why we age faster than we should and how we can slow the aging process
- **FITNESS:** The most effective and efficient movement strategies - for all ages / levels
- **YOUR SELF-IMAGE and SELF-LIMITING BELIEFS:** The Ruler of Your Life. How to SEE a new, improved YOU!
- **EMOTIONAL WELL-BEING:** The causes and cure of stress and negative emotions
- **MINDFULNESS MEDITATION:** Paying a visit to yourself. It's more than you THINK
- **INNER PEACE:** Finding the calm in all storms of life
- **SUPPLEMENTS:** What's helpful? What's harmful?
- **YOUR MISSION STATEMENT:** Constructing a framework to guide your life
- **WOMEN'S HEALTH:** What all women need to know to maximize well-being
- **RITUALS RULE:** How to mindlessly incorporate healthy activities into your life
- **KEYS TO SUCCEED:** The proven components of a fulfilling existence
- **AND MUCH, MUCH MORE!**

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Included in the registration fee:

- Admission to the 5-day event conducted by Dr. Sulak
- Hotel accommodations for 4 nights at the luxurious La Posada Resort
- All lunches/dinners during the conference including offsite restaurants and cooking school (alcohol not included); light breakfast snacks will be available
- Admission to Santa Fe Cooking School
- Guest presentation on The Art and Usefulness of Journaling
- All group activities including Yoga for all Levels, Santa Fe walking tour, art presentation, and oil painting session
- Transportation to conference offsite activities (restaurants, Santa Fe Cooking School); La Posado Resort is walking distance to downtown shops, most art galleries
- Course materials including syllabus, LWA t-shirt, Dr. Sulak's book, workbook, wellness journal, AND online 13 lesson video course

This entire package for this life-changing 5-day event is available for only \$2,990 single occupancy. **ATTENDANCE WILL BE LIMITED TO A SMALL GROUP. REGISTER NOW! [LINK](#)**

Transportation expenses associated with travel to the resort are not included. If flying to Santa Fe, direct flights are available on American Airlines from DFW and United from Denver. If you desire to explore beautiful, historic Santa Fe, Love Group Travel will gladly assist you with early hotel arrival and/or extended stay accommodations.

REGISTRATION IS LIMITED AND ON A FIRST COME BASIS. To reserve your seat, a deposit of \$1,000 with full payment due by June 30.

Hear from Dr. Sulak [LINK to Video](#).
Hear from a prior attendee [LINK TO Video](#)

Get Ready for the Experience of a Lifetime! See ya in Santa Fe!

Patricia J. Sulak, MD