



Day of Reflection



Living Well Aware

seminar hosted by the
Catholic Daughters of the Americas
Sacred Heart Court #829
Facilitator: Dr. Patricia Sulak

**Learn how your body responds when you make healthy choices and
become the person God created you to be.
Don't miss an extremely motivating, humorous, and dynamic speaker.**

Come out and join us for a day of renewal.

Saturday July 15, 2017

**St. Mary's Church of the Assumption Parish Center
301 S. Harrison St. West, Tx 76691
8:30 am to 2:30 pm Lunch will be served.
Registration fee: \$20 Deadline July 8, 2017**

Cut here and return bottom portion of form.

Name: _____

Address: _____

Phone: _____ Email: _____

Church/City: _____

To register contact Debby Marak at 254-749-8605 or debby_marak@yahoo.com

Send form and money to Debby Marak at

345 N. Quail Run Drive West, Tx 76691