



# 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](mailto:debby_marak@yahoo.com)

Send form and money to Debby Marak at  
345 N. Quail Run Drive West, Tx 76691