



**Catholic Daughters of the Americas**  
**Sacred Heart Court #829**  
**present:**



# **A Day of Reflection**

*to achieve greater health and happiness by*

## living **WELL** aware™

**Saturday, July 15, 2017 | 8:30 – 2:30 p.m.**  
**St. Mary's Church of the Assumption Parish Center**  
**301 South Harrison, West, TX | Lunch will be provided**

### **Life-Changing!**

In a dynamic and genuine fashion, Patricia Sulak, MD, (author of "Should I Fire My Doctor?") motivates audiences to seriously look at their lives and make dramatic changes to decrease death and disability.

She uniquely appeals to audiences of all demographics, conveying complex medical information in an entertaining and understanding fashion empowering individuals on a path of Living WELL Aware.

Dr. Sulak's presentation will focus on all aspects of health (nutrition, fitness, emotional and spiritual health) followed by a Q&A.

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.



**Patricia J. Sulak, MD**

***Come out and join us for a day of renewal!***

**Registration Fee: \$20.00 | Deadline July 8, 2017**

**Contact: Debby Marak | 254.749.8605 | debby\_marak@yahoo.com**