

St. Vincent de Paul Catholic Church

presents:

Living WELL Aware™ - Take Care of Yourself and Others



living **WELL** aware™
PATRICIA J. SULAK, MD

Saturday, February 25, 2017 | 9:00 – 2:30 p.m (lite lunch will be provided)
St. Vincent de Paul Catholic Church | 9500 Neenah Avenue | Austin, TX 78717

Living WELL Aware™ founders Patricia J. Sulak, MD and Jeffrey Waxman, MD will discuss revolutionary health information, implementation, and inspiration to move participants on a path of improved quality of life and longevity. This program will take the concept of wellness to a higher level discussing not only physical health but also emotional, social and spiritual health.

Topics include: *Essential Elements to Health and Happiness, Benefits of Healthy Eating and Physical Activity, Stress Reduction Techniques, Proven Strategies to Prevent: Heart Attacks, Strokes, Cancer and Dementia, and Keys to Making Lasting HEALTHY changes.*



***This seminar WILL improve the lives of ALL ATTENDEES and raise funds for those served by Society of St. Vincent de Paul's Food Pantry!*

Register online: www.svdpparish.org | Register by phone: 512-255-1389

To register by mail, complete form and mail to [St. Vincent de Paul Catholic Church](#):

NAME(S) of Attendee(s): _____

ADDRESS: _____

Phone: _____ E-Mail: _____

(Make sure names of all attending are listed)

☐ YES, I want to register for ____ [no. of participants]

(*Donation is **per person** and 100% tax deductible. Everyone must be registered to participate.)

Early Registration - thru 02/21/17 / Late Registration

FAITH donation ____ **\$40.00** **(\$50.00)**

HOPE donation ____ **\$60.00** **(\$70.00)**

LOVE donation ____ **\$75.00** **(\$85.00)**

☐ I authorize you to charge my credit card for the **Total Amount of \$** _____ : (MC, VISA, DISCOVER)

Card number: _____

Security code on reverse side of card: _____

Name on Card: _____

Zip code for billing address: _____

☐ I will pay by check payable to **St. Vincent de Paul Catholic Church**