



# St. Vincent de Paul Catholic Church

*presents:*

## *Living WELL Aware™ - Take Care of Yourself and Others*

**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](http://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**