

Living WELL Aware™: Taking Charge of Your Health



living WELL aware™
PATRICIA J. SULAK, MD

Presented by Patricia J. Sulak, MD and Jeffrey A. Waxman, MD Founders of Living WELL Aware™

Benefitting



Our Lady of the Angels Maternity Shelter

*Offering dignity, hope & sanctuary to women in crisis pregnancies.
We are an emergency shelter*

The health of Americans is declining. The CDC has documented increasing rates of obesity, diabetes, liver disease, suicide and other health disorders. Life expectancy declined from 2014 to 2015. We are NOT living well aware.

Learn the latest information on scientifically proven practices to reduce your risks of cancer, stroke, heart disease, dementia, diabetes, and death. This WILL be a life changing event.

Proceeds will benefit pregnant women in need in our community.

WHEN: Friday, December 1 -OR- Saturday, December 2

From 9:00am-11:30am

Life Changing!



WHERE: Temple College East Campus

Pavilion Leopard Room
2600 South 1st Street, Temple, Tx 76504

COST: \$25 tax deductible donation (per person). 100% of proceeds go to Our Lady of the Angels Maternity Shelter

REGISTER: -Mail Check to OLAMS, 613 S 9th St, Temple, Tx 76501
-online at www.ladyoftheangels.org

**MUST REGISTER TO ATTEND
REGISTRATION DEADLINE IS NOVEMBER 22
PAYMENT MUST BE RECEIVED BY NOVEMBER 25
TO GUARANTEE SEATING**

Patricia J. Sulak, MD is an internationally known practicing physician, researcher, speaker, and medical school professor, and founder of Living WELL Aware.™ In an inspiring and informative fashion, she and her husband, Dr. Jeff Waxman will present the latest information on what makes us sick, what makes us healthy, and what we can do about it.