



Living WELL Aware at Cedarbrake Retreat Center

A Life-Transforming Wellness Experience

Friday, Jan 5, 2024: A Day for Women
Saturday, Jan 6, 2024: Couple's Retreat

Start off 2024 with a Wellness Mindset.
Give yourself the Christmas gift of a "better" lifetime.

Women's Day: For Women Only. This enlightening immersion into all aspects of wellness will be conducted by Patricia J. Sulak, MD, co-founder of Living WELL Aware, and a nationally recognized, award-winning practicing physician, medical school professor, researcher, author, and speaker. She presents throughout the country on her passionate pursuit and amazing success in obtaining a life of greater health, happiness, and vitality by incorporating scientifically proven strategies to increase well-being. Don't miss this truly life-changing event. It WILL be a game changer for your life!

Couples Retreat: Patricia J. Sulak, MD will be joined by her husband and co-founder of LWA, Jeffrey A. Waxman, MD. Jeff is the mastermind behind LWA. He is a gifted speaker focusing on how our brain works and how we can all elevate our lives by upgrading the operating system that runs our lives. By knowing ourselves, we can greatly improve our communication with others and elevate the quality of our relationships.

Topics to be covered:

- **WHAT'S HAPPENING UPSTREAM THAT'S LEADING TO ALL THE PROBLEMS DOWNSTREAM?**
- **DISEASE PREVENTION:** Scientifically proven strategies to reduce health problems.
- **AGING:** Why we age and how we can slow the process.
- **YOUR SELF-IMAGE and SELF-LIMITING BELIEFS:** The Ruler of Your Life. How to SEE a new, improved YOU!
- **YOUR BRAIN: UNDERSTANDING THE OPERATING MANUAL**
- **MINDFULNESS MEDITATION:** Paying a visit to yourself. It's more than you THINK.
- **YOUR MISSION IN LIFE: Defining Your Life's Purpose**
- **AND MUCH, MUCH MORE!**

This immersion is all about creating a greater AWARENESS of our TRUE SELF, our AMAZING POTENTIAL, AND STRATEGIES TO MAKE IT HAPPEN. You may be asking: "Is this for me?" The answer: YES! NONE of us are that amazing version we were created to BE. Our guarantee: This immersion will elevate you to that next level of health and happiness. We can ALL benefit!

Registration fee (includes lunch):

Jan 5: Women's Retreat: \$195

Jan 6: Couple's Retreat: \$350 per couple

Both Days: \$450 (there will be some overlap in the 2 days)

Registration: 8am (coffee/tea provided)

Conference: 8:30 – 5:30pm

NOTE: Because of numerous requests for speaking to businesses, organizations, and schools, this will be the only LWA conference open to the public this year.

LOCATION:

Both events will be held at the peaceful **Cedarbrake Retreat Center** nestled in a wooded area with nice hiking trails outside Belton, Texas.

Best address for GPS:

5602 Hwy 317 N, Temple, TX 76502

Limited lodging is available at the retreat center for \$70 for a private room and \$60 per person double occupancy available on a first come / first serve basis.

Call Cedarbrake (254-780-2436) to reserve a room with # of days needed.

Hampton Inn, Holiday Inn and other hotels are within a few miles of the retreat center. Lodging/Transportation is not included in the registration fee.

REGISTRATION DEADLINE: December 30, 2023 (NOTE: limited seating - registration may close prior)

To register online with credit card, visit our [ONLINE STORE](#).

To register via check or Venmo, contact Gabe Waxman, LWA Director of Operations, at gabe@livingwellaware.com

Get Ready for the Experience of a Lifetime! See ya at Cedarbrake!

Patricia J. Sulak, MD

Jeffrey A. Waxman, MD

Co-Founders, Living WELL Aware LLC