

***The health of our country is declining. Statistics confirm increasing rates of obesity, diabetes, alcohol excess, drug abuse, emotional disorders, and suicide. These common health disorders, often the result of harmful societal messages, are leading to work/life dissatisfaction, stress, absenteeism, and increases in healthcare costs.***

**What's the answer? We need to be Living WELL Aware!**

**As a practicing physician, Patricia J. Sulak, MD** was constantly exposed to the ravages of disease, watching her patients' health spiral downhill. Dr. Sulak began investigating avenues to improve overall wellness. Her efforts lead to the customized **Living WELL Aware™ program consisting of Eleven Essential Elements to Health and Happiness** that provide the framework for holistic wellness, addressing all 5 areas of wellness as defined by the World Health Organization: physical, emotional, social, financial, and spiritual.



**Patricia J. Sulak, MD** is a gifted, sought after speaker receiving the very highest ratings from audiences throughout the country. In a motivating and entertaining fashion, she delineates the documented self-induced nature of today's most common health problems empowering audiences to make life changing alterations to dramatically decrease their risk of depression, disability, and death.

**As a medical school professor,** practicing physician, and internationally known researcher and speaker, Dr. Sulak utilizes her extensive clinical, research, and teaching expertise to convey the latest medical information on what makes us sick, what makes us healthy, and what we can do about it. Her messages of wellness are applicable to adult audiences of all educational levels as she translates complex medical issues and data into presentations that everyone can understand and apply to their own life. She has spoken to businesses, organizations, healthcare institutions, schools, and religious groups on all aspects of wellness including essential elements of health and happiness, nutritious food consumption, safe fitness programs, effective strategies to reduce stress in our lives, and key components to making lasting changes.

**Patricia humbly shares** her personal story of how she and her husband, Dr. Jeffrey Waxman, pursued wellness in their own lives. The results were greater than they ever imagined. They are healthier and happier than ever and their marriage of 36 years is at a level they never dreamed possible.

**While wellness is a multi-billion dollar industry,** Dr. Sulak does not have any herbs, vitamins, or other "health" products to sell you. What she does have in her life-changing books, keynote presentations, workshops, and conferences is the very best in wellness information, implementation, and inspiration helping all of us eliminate habits of harm and develop habits of health.

## **Book Dr. Sulak today!**