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# Living WELL Aware in Santa Fe

A Life Transforming Wellness Experience for Women  
Santa Fe, New Mexico Sept 8 - 12, 2019

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We all want to be healthier and happier in certain aspects of our lives but what's the best way to propel us along an improved path of greater livelihood and longevity? We need to immerse ourselves in wellness. That's what **Living WELL Aware in Santa Fe: A Life Transforming Wellness Experience for Women** is all about! This enlightening immersion into all aspects of wellness (physical, emotional, social, financial, and spiritual) will be conducted by Patricia J. Sulak, MD, founder of Living WELL Aware and a national recognized speaker, author, researcher, practicing physician, and medical school professor. Dr. Sulak speaks throughout the country to diverse groups on holistic wellness and women's health issues. She has constructed a unique wellness event that transforms lives by delving into the difficult questions we all must answer to remove self-limiting beliefs and barriers that hinder our health and happiness.

This exclusive wellness event will be held in the artistic, tranquil setting of Santa Fe New Mexico at the La Posada de Santa Fe Resort. This will NOT be a boring conference! Dr. Sulak will enlighten attendees with the latest in wellness information, implementation strategies, and the insight and inspiration we all need to make lasting changes.

## **This comprehensive wellness experience (limited to 25 only) will cover issues critical to implementing a lifelong wellness plan including:**

- Reviewing the most common causes of preventable disability and death and confirmed ways to reduce our risks of emotional disorders, heart disease, stroke, cancer, dementia and other common health disorders.
- Discussing and experiencing the healthiest food consumption to prevent disease.
- Physical activity guidelines and regimens with diverse activities for ALL levels of fitness.
- Analyzing and removing self-limiting beliefs to improve our self-image.
- Reviewing the 6 essential human needs, how they direct our lives, and the importance of meeting them in healthy ways.
- Examining the causes and consequences of stress in our lives and strategies to reduce this common cause of sleep disturbances, emotional disorders, and suffering.
- Constructing a mission statement for life that provides the framework to be the person you were created to be.
- Exploring seven killers of well-being and the six keys to a successful wellness journey.
- Establishing proven healthy daily rituals to be successful in staying on target.
- Implementing a mindfulness meditation and journaling practice to improve thoughts, emotions, and actions.
- Presenting the latest in health topics unique to women including hormonal issues.
- Detailing the current use of supplements: which are harmful versus helpful?
- And MUCH more!

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## Included in the registration fee:

- Admission to the 4-day event conducted by Dr. Sulak
- Hotel accommodations for 4 nights at the luxurious La Posada Resort
- ALL meals during the conference including offsite restaurants (alcohol not included)
- Transportation to all conference events
- Guest presentation on Santa Fe Art and the Art and Usefulness of Journaling
- Admission to Santa Fe Cooking School event
- All group activities including Santa Fe tour and art presentation
- Individual post conference coaching session with Dr. Sulak
- Monthly accountability group webinars FOR ONE YEAR
- Course materials including syllabus, LWA t-shirt, Dr. Sulak's book, workbook, wellness journal, AND online video course

This entire package including the individual post conference session and one year accountability follow up webinars with Dr. Sulak is available for only \$2,530 for double occupancy and \$2,830 for single occupancy. **SPACE IS LIMITED IN BOTH ROOM TYPES.** There are only 8 rooms with double beds and a limited number of rooms with king beds at this intimate resort and spa. **REGISTER NOW!** <https://living-well-aware-in-santa-fe.weebly.com>

Transportation to the Resort is not included. Direct flights to Santa Fe are available on American Airlines from DFW and United from Denver.

**REGISTRATION IS LIMITED TO 25 AND ON A FIRST COME BASIS.** To reserve your seat, Deposit of \$1,000.00 with full payment due by JULY 15.

**It's time to take your health and happiness to a level you never dreamed possible. This comprehensive 4-day conference and one year follow up is designed to get you on a path to Living WELL Aware! See ya in Santa Fe!**

**Patricia J. Sulak, MD**



living **WELL** aware™

PATRICIA J. SULAK, MD

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