



# Patricia Sulak, M.D.

founder of Living WELL Aware™, is a nationally recognized practicing physician, researcher, speaker, and medical school professor. She graduated from the University of Texas Health Science Center at San Antonio School of Medicine and was named the 2006 Distinguished Alumnus. In addition to her busy clinical practice, she presents throughout the country to businesses, organizations, schools, and healthcare institutions on disease prevention through healthy living. Dr. Sulak is author of *Should I Fire My Doctor?* and also a comprehensive wellness program *Living WELL Aware™: Eleven Essential Elements to Health and Happiness*.

She continues to be included in "Best Doctors in America" and "Texas Super Docs" and has been selected as an Outstanding Clinical Instructor by the Texas A&M College of Medicine medical students. Dr. Sulak was given a "Heroes for Children" award by the Texas State Board of Education and received the American College of Obstetrics and Gynecology Community Service Award for her work in school health. She is internationally recognized for her groundbreaking research on management of numerous women's health issues.

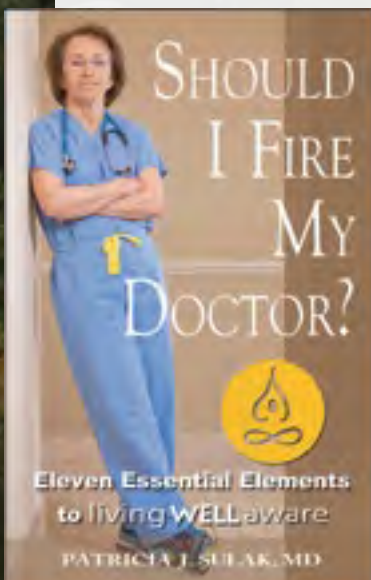
Dr. Sulak's truly unique wellness program Living WELL Aware™ encompasses all aspects of our health including nutritious food consumption, balanced fitness, emotional health, and stress reduction. ([www.livingWELLaware.com](http://www.livingWELLaware.com)) Her books, keynote addresses, and conferences delineate essential elements to health and happiness, empowering everyone to take ownership of their well-being and partner with their healthcare providers for optimal health.

## CONTACT:

[sulak@livingwellaware.com](mailto:sulak@livingwellaware.com)

[www.livingwellaware.com](http://www.livingwellaware.com)

254-721-4633



livingWELLaware™

PATRICIA J. SULAK, MD





## Living WELL Aware™ Presentations By Patricia J. Sulak, MD

Dr. Sulak has delivered her scientifically based messages of wellness to numerous groups throughout the country.

### **BUSINESSES/GOVERNMENT ORGANIZATIONS**

Professional Datasolutions, Inc. Altrusa International  
McLane Advanced Technology Austin Human Resources Management Association  
HEB of Central Texas Bell County Woman's Bar Association  
U.S. Department of Agriculture Financial Forum for Women, Waco TX  
Texas Department Social Health Services Daughters of the American Revolution  
Temple Daily Telegram Day for Women Families in Crisis  
SOS Leadership, Austin TX Lions Club  
City of Dallas WIC, Dallas TX Rotary Club  
Texas Bankers Association, San Antonio, TX Texas School Nurse Organization  
Apple, Austin TX Texas A&M Association of Professional Support Staff  
Texas Association Concerned for School Aged Parents  
Texas Association of Secondary School Principals

### **SCHOOLS**

Midway ISD Texas A&M AgriLife, College Station, TX  
Waxahachie ISD Texas A&M Coastal Bend Education Center, Corpus Christi TX  
Troy ISD United Way of Central Texas  
Alvin ISD

### **Pampa ISD**

### **Killeen ISD**

### **Jenks Public Schools**

### **Keller ISD**

### **Dallas ISD**

### **Cypress Fairbanks ISD**

### **Temple ISD, Temple TX**

Texas A&M Department of Engineering, College Station TX

Region 20 Education Service Center, San Antonio TX

Region 12 Education Service Center, Waco TX

### **CHURCH / RELIGIOUS**

Campus Crusade for Christ, Austin, TX

Golden Agers, First Baptist Church, Belton TX

Church Women of Temple, Temple TX

St Luke, Temple TX,

Temple Bible Church, Temple TX

Faith Point Church, Killeen TX

St Helen's, Georgetown TX

St Williams, Round Rock TX

Austin Diocesan Council of Catholic Women

### **HEALTHCARE**

American College Health Association

Annual Diabetes Conference, Corpus Christi TX

American Association of Diabetes Educators, Austin TX

North American Menopause Society

American College of Obstetrics and Gynecology

Nurse Practitioners of Women's Health

Texas A&M College of Medicine

American Holistic Nurses Association

Texas A&M School of Pharmacy

Nurse Practitioners Association of Continuing Education

Symposia Medicus - Integrative Medicine Conference

Baylor Scott & White Health

Fort Worth OBGYN Society

Southern Medical Association

Omnia Education, New York City

University of Texas at Houston College of Medicine

Montana Department of Public Health

Tulsa County Medical Society





# Living WELL Aware™ Testimonials

**"I HAVE NEVER BEEN TO A MORE MOTIVATING AND INFORMATIONAL CONFERENCE."**

**"I read your book and love it! – It's straightforward, honest, wise, and inspiring. Thank you."**

**"APPLICABLE, AUTHENTIC, AND REALISTIC."**

**"Dr. Sulak gives practical, doable advice from not only her role as a practicing physician, professor, and internationally known researcher, but her own life experience. She and her husband Jeffrey Waxman, MD have applied the essential elements to health and happiness and are living examples of the amazing results possible when Living WELL Aware™. Their journey outlined in the book is the prescription you need to live life to the fullest."**

**-Jack Canfield, Co-Author of *The Success Principles*™ and *Chicken Soup for the Soul*®**

**"Forget about Dr. Phil and Dr. Oz. Dr. Pat, short for Dr. Patricia Sulak, is the new "go to" person for medical advice, and her book *SHOULD I FIRE MY DOCTOR?* is straightforward advice on how to live longer and healthier without trying to sell people expensive pills or exercise machines. This book is truly a must read for anyone who cares about their family and themselves. Dr. Pat was one of the best guests we have ever had on my radio show."**

**Bill Horan, Host  
THE SECRETS OF SUCCESS**

**"Your workshops gave our members real life ideas of how to take control of their lives. You are amazing and your energy is contagious!"**

**Thank you for your time and hard work, but more importantly... thank you for caring about our well being!"**

**"I just started the book and am overwhelmed in the best most positive way. It is superbly written, flows like a running stream, and refreshes my spirit."**

**"THIS WAS A GREAT DAY OF INFORMATION. YOU GUYS HAVE A REALLY GOOD MESSAGE AND YOUR DELIVERY IS SPOT ON! I WAS NEVER BORED (AND FRANKLY I EXPECTED TO BE). YOU GUYS MADE IT FUN, INFORMATIVE, AND INSPIRING. I WILL RECOMMEND THIS TO EVERYONE."**

**"CANNOT TELL YOU HOW COOL YOUR LIVING WELL AWARE STUFF IS!! FROM BOTH A PROFESSIONAL AND PERSONAL STANDPOINT... SO, SO REFRESHINGLY ON TARGET AND STATED IN AN ARTICULATE WAY!!"**

**"POINTED OUT PRACTICAL EVERY DAY, SIMPLE CHANGES THAT WE CAN MAKE IN OUR LIVES TO IMPROVE OUR HEALTH AND PREVENT DISEASE."**





# Living WELL Aware™

## Live Presentations

In a dynamic and genuine fashion, Patricia J. Sulak, MD motivates audiences to seriously look at their lives and make dramatic changes to decrease depression, disability, and death. She and her husband Jeffrey A. Waxman, MD have the unique ability to appeal to audiences of all demographics, conveying complex medical information in an entertaining and understanding fashion empowering individuals on a path of Living WELL Aware™.

### Keynote Address

Dr. Sulak has addressed businesses, organizations, medical institutions, and schools throughout the country at meetings, conferences, in-services, and retreats. Her most requested topics for 45 to 60 minute keynote presentations are **Living WELL Aware™: What IS Healthy?** and **Stifle Stress / Sever Suffering: Get the STRESS Out!**

### Workshops

Dr. Sulak's 1 ½ to 2 hour workshops can be tailored to specific needs. Topics include:

- **Living WELL Aware™: Eleven Essential Elements to Health and Happiness**
- **Food is Medicine: Eat to Live**
- **Make Movement Mandatory: It's About Survival**
- **Stress: Effective Management Strategies**

### Living WELL Aware™ Conference

The Living WELL Aware™ conference is 4 hours of wellness information, implementation, and inspiration to make the necessary changes to get us all healthier and happier. Dr. Waxman and a fitness specialist often assist Dr. Sulak with conducting this energetic program which includes practical demonstrations and activities to enliven the audience. Topics include:

- **Living WELL Aware™: What Makes Us Sick? What Makes Us Healthy?**
- **Critique Caloric Consumption: Food IS Medicine**
- **Make Movement Mandatory: Safe Strategies to Maximize Fitness**
- **Stifle Stress / Sever Suffering: Managing Stress Effectively**
- **Change Your Story / Change Your Life: Change Your Mind**
- **Making Lasting Changes: Keys to Succeed in Creating the New YOU**

**To Book Dr. Sulak:**  
**254-721-4633**  
**info@livingwellaware.com**  
**www.livingwellaware.com**





## Have Dr. Sulak Speak to Your Group

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.

As important as the scientifically proven information that she provides to attendees, she 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 35 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 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!**

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