



# Living WELL Aware™

Patricia J. Sulak, MD

## What is Living WELL Aware™?

Living WELL Aware™ (LWA) is a medically accurate wellness educational program founded and directed by Patricia J. Sulak, MD. LWA energizes members to soar to a greater level of physical, emotional, and spiritual well-being by delivering the best in wellness.

In a truly distinctive fashion, LWA delivers revolutionary health information, implementation, and inspiration to move participants on a path of improved quality of life and longevity. Patricia J. Sulak, MD is a nationally recognized award winning speaker, practicing physician and medical school professor, and an internationally renowned researcher. She and her husband Jeffrey A. Waxman, MD present not only the scientific data on health, but share personal stories of their pursuit, struggles, and success in implementing all facets of wellness, providing the impetus to inspire audiences to make necessary changes.

LWA is matchless in its program content. The usual wellness program focuses on physical health. LWA takes the concept of wellness to a higher level, adding components addressing emotional, social, and spiritual health. It's easy to see why participants in a typical wellness program without these elements have difficulties in implementing and maintaining a healthy lifestyle. The critical framework of emotional and spiritual health is not adequately addressed. For that reason, LWA includes all aspects of health to include relationships, contribution, time and financial management, forgiveness, purpose, and social connections. While not promoting any specific religion or spiritual philosophy, the importance of connecting with one's inner self, and for most, a higher power, is included. This holistic approach to wellness is receiving rave reviews from diverse audiences throughout the country.

## Information, Implementation, and Inspiration.

LWA includes scientifically proven INFORMATION to decrease death and disability, while focusing on IMPLEMENTATION of the information through demonstrated skills and techniques, along with the INSPIRATION to motivate and energize attendees to get to the next level of health and happiness.

**INFORMATION:**

LWA presents the most up-to-date, scientifically validated medical information on proven lifestyle habits that can dramatically decrease one's odds of dying or becoming disabled. Published medical studies are utilized to convey to participants how they can reduce their susceptibility to numerous health problems including heart attacks, strokes, cancer, dementia, stomach and bowel disorders, muscle and joint problems, emotional disorders, and other medical conditions. Drs. Sulak and Waxman continually review the latest in recent medical publications, delivering the information in a format easily understood by adults of all educational levels. They delineate the numerous health problems today that are caused by our unhealthy habits. Sedentary lifestyle, dietary indiscretion, substance abuse and other addictions, and emotional stressors are now the most common causes of death.

With all LWA components, the question of "What Is Healthy?" is answered, backed by the best in medical information. Too often, consumers are being sold "quick fixes" and "miracle cures" with supplements, surgeries, massive exercise programs, and unproven diets. With the many "health" promotions that constantly bombard us in the media, it's important to know what has been proven to elevate our health status and what has been proven to be harmful. LWA answers these important questions. We can't get healthier if we don't have the FACTS on proven ways to get us there.

**IMPLEMENTATION:**

Once we know the key elements to leading a life of health and happiness, it's important to know how to incorporate them into our individual daily lives. LWA attendees are challenged to look at where they are now and where they would like to be in the future regarding their physical, emotional, and spiritual health. Dr Sulak's book *Should I Fire My Doctor?*, her workbook *Living WELL Aware: Eleven Essential Elements to Health and Happiness*, and LWA conferences, webinars, workshops, and keynote presentations focus on the many ways to incorporate healthy habits into our lives in a doable fashion. From tips to healthy eating to making movement mandatory to decreasing harmful stress, to the importance of purpose, contribution, and forgiveness, participants have a blueprint to get to a higher level of health and happiness.

The importance of being an educated patient and taking ownership of one's health is emphasized. A worksheet to help Partner with Your Provider is included, enabling everyone to better understand where they are on the health spectrum and how to communicate with their healthcare providers on maximizing their health status. Change is possible, and LWA can provide the path.

**INSPIRATION:**

While providing the best in health information and implementation, LWA also stimulates everyone to take the information learned and immediately begin to incorporate it into their life. Through dynamic, motivating healthcare speakers who are living testimony of the information presented at LWA along with success stories of patients and attendees who have turned their health around simply by changing their habits of harm to habits of health, LWA

programs are known for consistently creating an upbeat, dynamic atmosphere that can provide the impetus for permanent change to a better you.

### **A Comprehensive Wellness Message**

LWA endorses an all-inclusive message of complete health by incorporating the Living WELL Aware: Eleven Essential Elements to Health and Happiness. Through live presentations, webinars, her book and workbook, and newsletters, Dr. Sulak, Dr. Waxman, and a team of professionals deliver a wellness message that enables participants to look at their lives in a totally new light and motivates them on a path of Living WELL Aware for themselves and all those they encounter.

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