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) 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.

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