

# Dr. Samuel A. Mielcarski, DPT

## “The Health Raiser!”™



*Dedicated to ‘Raising Health’ for a better world!*

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If you're looking for the catalyst to positively transform your health, we highly recommend working with Dr. SAM!

—Brian & Jody Calvi  
Farm of Life Center, Costa Rica



DrSamPT

<http://DrSamPT.com>



YouTube

<http://bit.ly/2ikAffv>



LinkedIn

<http://bit.ly/2i17Gu6>



Instagram

<http://bit.ly/43dpSNW>

## Key Speaking Topics

### There really is a 'quick fix' to Better Health!

In this empowering presentation, Dr. SAM will show you that a *true* 'quick fix' to better health is not only possible, but also *essential* — for both short-term positive gains, as well as long-lasting vibrant change. Dr. SAM keeps health matters simple (the way it should be). You'll learn the true 'art of well-being' that can help you overcome health challenges, as well as help prevent them. There are many golden nuggets in this presentation that can lead to positive health transformation.

### The 'Essential 8 Links' to Better Health and Well-being!

In this empowering presentation, Dr. SAM will help you discover the 8 key 'health essentials' that can determine how well you look, feel, and function throughout your life. You will learn a simple way of applying these 8 links for regaining and / or maintaining a vibrant state of overall well-being. You will also learn the key mindset needed to conquer information overload, and how to stay laser-focused to keep your health on track.

### Why 'Raising Health' can positively benefit you and transform the World!

In this empowering presentation, Dr. SAM will help you discover the vital impact that 'raising health' can have in the world. The true *value* of health will be explained — and the key central role it plays in the success and survival of how well we all prosper. Individuals, families, communities, states, countries, and even the entire planet can be positively transformed when 'raising health' becomes a priority in the majority. When we *rise* together, we all *thrive* better!

## Bio

Dr. Samuel A. Mielcarski, DPT (aka Dr. SAM - “The Health Raiser!”), is a clinician on a mission to 'raise health' in the world. As a holistic therapist, speaker, author, coach, and visionary, Dr. SAM can help elevate your health to a better level. When you work with Dr. SAM, you are rewarded with a positively charged wellness activator! He can elicit the beneficial changes needed to help others thrive, prosper, and achieve a higher quality of life — saving them precious time, energy, and money.

Samuel's core message and mission are both powerful and contagious. The simple advice and solutions he provides will often become irreversible knowledge. Dr. SAM's guidance could not only positively change your life, it may even help save it!

### Highlights:

- \* Doctor of Physical Therapy
- \* Certified Holistic Nutritionist
- \* Certified Qigong Instructor
- \* Certified Breathwork Instructor
- \* Retreat Leader
- \* Published Author

## Offerings:

Workshops / Meetings

Keynote Address

Half or Full-Day Seminars

Custom Programs

Speaker availability & pricing upon request.

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## "The Health Raiser!"™

**Dr. SAM believes that when people raise their level of health, three important changes happen:**

**First:** They become better versions of themselves, which means they are able to offer more T..L.C. - Tolerance, Love, and Compassion - making the world a more harmonious place to live.

**Second:** They are able to reach their true living potential, which allows them to more fully express their unique talents and gifts, helping the world function better overall.

**Lastly:** People experience more joy and happiness; have more fun; and gain more prosperity in all areas of their lives, which can become a positive contagious force that benefits everyone.

**People often don't take action to improve their health due to:** a lack of motivation; a lack of knowledge; a lack of time; and/or a lack of resources. Dr. SAM will work with your group or organization to overcome these potential issues. He will empower, inspire, and coach people past their excuses; over their obstacles; and above their health challenges, so they can live, thrive, and prosper at a higher level.

**Benefits of having Dr. SAM work with your group or organization:**

- **Financial Savings-** Less absenteeism and lowered overall healthcare costs.
- **Cooperation-** Improved leadership, teamwork, and productivity.
- **Quality of Life-** Better health, happier people, and greater overall life balance.
- **Prosperity-** More 'win-win' opportunities for everyone.
- **Enhanced Culture-** Greater commitment and alignment with a mission, vision, and values!



Are you ready to 'RAISE' some health?



### Testimonials:

"Samuel has spoken at our festival every year since its inception in 2011. We always look forward to inviting him back as we know he will deliver a heartfelt message that is sure to inspire others to take action in becoming healthier. If you're looking for a great speaker on the topic of health & wellness, you can count on Dr. SAM to deliver!"

-Michael Arnstein, Woodstock Fruit Festival Founder

"Dr. SAM has presented at our Wellness Retreat Center for over 8 years. We are always excited when he returns, as we know our guests will receive awesome value from the health wisdom he delivers. If you're looking for the catalyst to positively transform your health, we highly recommend hiring Dr. SAM to speak."

-Brain & Jody Calvi, owners of Farm of Life Retreat Center, Costa Rica

"We really enjoyed having Samuel speak at our fall Physical Therapy Insight Conference. He was punctual, passionate, and well prepared. As a result, our attendees gained some very valuable insight about how to better implement wellness into both their professional and personal lives. If you're looking for a good wellness speaker, we would absolutely recommend him!"

-Dawn James, Physical Therapy Association of Georgia- Admin Team

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