



Shaun T
Purpose + Action = Resilience
June 15 ■ 7:30 p.m.
Count Basie Theatre
thebasie.org ■ 732-842-9000

COUNT BASIE THEATRE
**HEALTH &
WELLNESS**
SERIES

Presented by Hackensack Meridian
Integrative Health & Medicine

Shaun T is a world-renowned fitness trainer and motivator. Shaun will focus on the **Five Pillars of Health and Well-Being**, breaking down **Sleep, Activity, Purpose, Nutrition** and **Resilience**, with tactics you can use the moment you leave the building! Shaun will go deep into his struggles and triumphs, so you too can **live your very best life**.



Hackensack
Meridian *Health*

Integrative Health & Medicine



MIND ▸ BODY ▸ SPIRIT

Sleep • Activity • Purpose • Nutrition • Resilience