



## Shakur Parker

A certified Health Coach with over twenty years experience encouraging others while transforming their wellness lifestyle.

Shakur has worked within her community to develop healthier eating habits for the youth as well as mentor women going through Breast Cancer. Shakur is a thirteen year Cancer Survivor and most recently became certified as a Yoga instructor. She is passionate about creating a safe and supportive space for individuals to regain happiness, honor their needs, own their power and speak their truth.

Visit Shakur's website: [resetwellness.com](http://resetwellness.com)