



LaShanna L  
Moore

Speaker, Practitioner,  
Artist, Filmmaker and  
Bible Teacher

LaShanna is an award-winning quintessential polymath. She's mastering a wide range of skills in health, arts, and human services. She is a degreed and certified holistic health practitioner, performing arts educator, mentor and faith teacher.

With igniting energy, skill and wisdom LaShanna helps people navigate their way to living well and whole through speaking, consulting, retreats, cohort support and organizational training.

LaShanna hosts the Wholistically Speaking podcast and serves organizations including Nomi Network, 21Ninety, The Holistic Collaborative and University of Houston.

## HER PRESENTATIONS ARE IDEAL FOR:

- ✓ Women's Empowerment
- ✓ 5 Tiers for a Sustainable Life
- ✓ Building a Wellness System That Works For You
- ✓ Prioritizing Health Equities in Our Communities
- ✓ Confidence Building for Teen Girls
- ✓ Everyday Faith in a Troubled World

FEATURES

TEXAS BLACK  
expo

food  
NETWORK  
CANADA

TODAY'S  
PURPOSE WOMAN

KHOU★11.0

## PAST KEYNOTES

- Delta Sigma Theta Sorority, Inc.  
Bay Area Houston Alumnae Chapter
- ACA Global Group
- SoCal Women's Health Conference  
& Expo
- Global Wellness Initiative
- Rolling Out
- Memorial Hermann Hospital

### Connect on Socials

 [Facebook](#)

 [LinkedIn](#)

 [YouTube](#)

 [Instagram](#)



Please feel free to reach  
out for any questions.

## CLIENT FEEDBACK

“LaShanna is an amazing speaker. You can see her passion in how she presents. We had people engaged that are usually quiet. I’m looking forward to bringing her back”.

-Joanne Merriweather


“Practitioner Moore has been our Clinician several times for the annual Boxing Camp in Pomona, CA. She gives our athletes and coaches so much insight on nutrition and understanding their bodies. Our guys are always excited to incorporate the changes and new ideas. LaShanna is a jewel”.

-Coach Joe Zanders

*Let's Connect!*

 [lashannaleonardmoore@gmail.com](mailto:lashannaleonardmoore@gmail.com)

 [lashannaleonardmoore.com](http://lashannaleonardmoore.com)

 +346-717-6933