

Dr. Shawn Weiss

**Just Look Up—Your Health.
Your Power. Your Comeback.**

Dr. Shawn Weiss, PT, DPT, CDP, CADDCT is a dynamic speaker, Doctor of Physical Therapy, and Specialized Wellness Advisor with over 27 years of experience in the healthcare industry. As founder of Senior Health and Wellness Group and Rockstar Health, she empowers individuals to reclaim their energy, restore their health, and rise through life's toughest seasons using science-backed, root-cause solutions. Known for her inspiring keynote, "Just Look Up," Dr. Shawn blends clinical expertise with personal wisdom to help others live with clarity, strength, and purpose.



SIGNATURE TOPICS

- ✓ Look Up and Change Your Life: The 7 Ps to Reclaim Health, Joy & Power
- ✓ Strong Body. Sharp Mind. Bold Spirit. Aging Doesn't Mean Slowing Down.
- ✓ The 7 Ps to Balance & Renewal—Because You Can't Pour From an Empty Cup

**EMPOWERED LONGEVITY
AGELESS VITALITY
WISDOM IN MOTION**



As seen in



ELITE COACHING PROGRAMS:

- ✓ **LOOK UP AND GET YOUR LIFE BACK**
An All-Inclusive 8-Week Program to
Reset Your Health, Mind & Power
- ✓ **THE 7 PS MINDSET RESET**
A 7-Day Journey to Reclaim Control,
Confidence, and Clarity
- ✓ **TEE UP FOR LIFE**
The Star Golf Longevity Blueprint
- ✓ **STAND UP, KEEP UP**
A Fall Prevention & Longevity Program
for Active Aging

CLIENT FEEDBACK

“Working with Shawn was invaluable. Her personalized approach and insightful advice has improved my physical and mental health. The journey has been enjoyable and so effective! I am beyond grateful!”






Megan W.

“Many thanks for the nine years that we've featured Dr. Shawn Weiss as a frequent guest on Answers for Elders. Shawn is definitely a favorite of our audience! Her content features profound expertise in women's health, vitality, dementia and fall prevention. Every day on our channels, she brings forward a valuable resource that will continue to be evergreen on our platform, inspiring our listeners to live a better quality of life.”

Suzanne N.

CONTACT DETAILS

Please feel free to contact me for any concerns or questions.

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-  www.facebook.com/RockstarHealthGroup/
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