

Learn from the best! Athletes and the Arts

Monday, Jan. 20 • 6 to 8 p.m.
Presentation and Live Performance!

South Auditorium • St. Mary Mercy Livonia
36475 Five Mile Road • Livonia, MI 48154

Health & Wellness for the Performing Artist

Integrating the science of sport and the performing arts for the mutual benefit of both.

Come learn more about the importance of health and wellness for performing artists from Jon Batiste, artist in residence for Athletes and the Arts and Steven Karageanes, founding member of Athletes and the Arts. Jon will also perform live!

To register for the event and for more information, call 734-655-2661. Seating is limited!
Healthy snacks and refreshments will be served.



Jon Batiste, musician, Julliard graduate and Artistic Director for the National Jazz Museum in Harlem, describes his sound as "social music," not a specific genre, but music that brings people from all walks of life together.



Steven Karageanes, DO
Medical Director, Sports Medicine
St. Mary Mercy Hospital

 **ST. MARY MERCY
LIVONIA**
SAINT JOSEPH MERCY HEALTH SYSTEM



Athletes and the Arts encourages performing artists to invest time into personal wellness to enhance and prolong careers, and stimulate creativity in the application of musical techniques for athletes and general populations.