



QUIET THE NOISE

See what's really going on

For Seasoned Sisters

You don't need more advice

You need to hear yourself again

You've done a lot of living - and given a lot to so many others. Now, the question that keeps whispering to you is: **How about me?**

The chatter is LOUD, your inner critic won't stop, and you keep going from one thing to the next until you're running on empty. Let's turn it down, see why you've been stuck, and draw a real line into your next chapter.

Start here with the assessment

See what's included:

1. *A scientifically validated assessment*
2. *A private 75-90 minute session, just you & me*
3. *A personalized interpretation*
4. *A real choice about what's next for you at this stage of life*



What if you stopped trying to figure everything out - and simply gave yourself space to see what is really going on?

What happens when the noise gets quieter?

- You stop reacting automatically
- You notice what's really happening
- You give yourself room to choose
- You begin to trust your own voice

<i>One assessment</i>	<i>One Session</i>	<i>A way forward</i>
No 12-week (or more) commitment, no workbook to print and fill out	A focused evidence-based 75-90 min that gives you a real read on where you are	So you can make a decision

3 Quiet Steps

1. Take the assessment

You'll get a link to the assessment.
It takes about 5 minutes

2. We meet for 75-90 min

A private session on Zoom. I walk
you through your assessment
results & what they reveal about
where you are

You leave with a choice

You'll see why you've been stuck
— and walk away with a decision
to make: do something about it, or
keep going as you have been.
Either way, you'll know.

Yes I'm ready to quiet the noise

Investment: \$97



Hello, I am Ciriaca Yolanda, and I proudly identify as:

The Anti-Aging Disruptor.

In today's world, we are bombarded with anti-aging messages everywhere—at the workplace, on television, in newspapers, social media—promoting various anti-aging creams that promise to make you look and feel twenty years younger. In spite of that pressure, I embrace my age; I am actually a 70+ grandma, and I cherish this stage of life. I consider it a true blessing.

Many people, including my mother, have not had the privilege to reach this stage, and I hold dear the belief that being alive and embracing all that we've experienced is invaluable. As an advocate for health and wellness, I emphasize the importance of mindset, nutrition & purposeful movement for mature women who I call Seasoned Sisters.

I am Ciriaca Yolanda, and I am The Anti-Aging Disruptor.

I invite you to join me in the movement of Redefining Aging. That's what this session is all about and what it's for.

Health/Life Coach | Creator of The Well Seasoned Life | Creator of Healthy Aging Reconnection | Best-selling co-author, Reflections on Aging | Serving Seasoned Sisters worldwide

Yes I'm ready to quiet the noise NOW

Investment: \$97