



Delsina West

Wellness Practitioner and Public Speaker

With decades of experience, Delsina specializes in demystifying the transitional stage of Menopause, equipping women with tools to balance hormones naturally, maintain vibrant health, and feel sexy at any age. As the author of *Sexy Senior Citizen: How to Stay Sleek, Sexy, and Strong as You Age*, Delsina combines evidence-based wellness strategies with her signature warmth and humor, inspiring audiences to reimagine aging as a time of renewal and vitality.

**Former Radio and
TV Show Host**

**Host of Podcast
Sexy, Sleek, &
Strong**

**Author of Best Seller:
*The Sexy Senior Citizen: How to Stay
Sleek, Sexy, & Strong as You Age***

SIGNATURE TOPICS

- ✓ Menopause: What Your Mother Didn't Tell You
- ✓ Demystifying Menopause: Hormones, Help, and Hope
- ✓ How to Make Stress Your Ally
- ✓ Wellness Strategies for Thriving Beyond 40
- ✓ *Sexy Senior Citizen: Staying Sleek, Sexy, & Strong at Any Age*

LET'S WORK TOGETHER!

I am looking forward to our collaboration!

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