

# SYLVIA CASTELLANOS



Weight and Age are but numbers.

*What you chose to do with them is up to you!*

‘Inspiring.’

-T. Scott, *Entrepreneur*

**SylviaCastellanos.com**

‘Great to hear I have options as I get older.’

-SG, *Designer*

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speaking

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## Speaking Topics

### Time to Live, Not Slow Down

Age is but a number, and Sylvia discusses her constant learning process to keep her mentally alert, active, and embarking on new endeavors.

### Tackling Weightloss for More Golden Years

Sylvia discusses her strategy for weight loss in her 7<sup>th</sup> decade to provide her more energy, better health, and the ability to pursue new endeavors.

### It's Not a Silver Bullet, but a Powerful Option

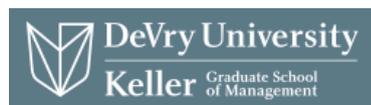
Bariatric Surgery is not a cure all, but when weighed against the aging process, being overweight, and escalating health problems, it provides more ability to do the things you love.

## Bio

**YOU'RE NEVER TO OLD TO TAKE ACTION AND CREATE A BETTER LIFE FOR YOURSELF. TIME IS FLEETING, OPPORTUNITIES ARE WAITING.**

Sylvia is an award winning artist with moving collections of individuals and commissioned artwork. When most Boomers are looking to retire, Sylvia embarked on a mental bootcamp to lose weight through surgery, and set up a lifestyle mindset to keep it off, and to keep learning. While others struggle with issues of aging, Sylvia has tackled it head on.

**As seen at:**



**Marian Anderson Historical Society**

## Offerings

### 1 hour workshop

*A customized workshop just for your organization or community*

### Keynote address

*Why Aging is more than travel and doctor's visits. Oh the things you can still learn..*

### Health & Wellness

*Offering health and wellness fair presentations for your community or organization*

### Spokesperson

*Available to speak about the Bariatric process for potential patient seminars*

*Fees and Rates are negotiable and depend on event. Contact for details*