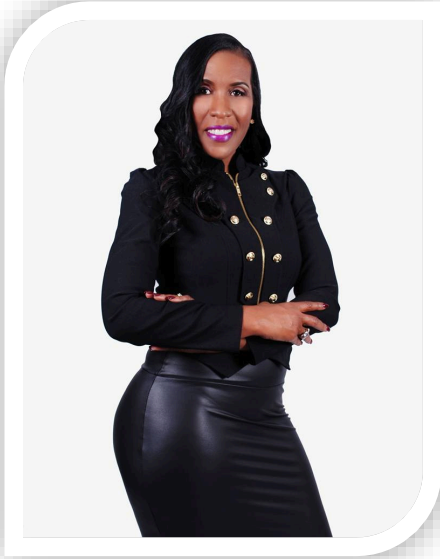


DELAYNA WATKINS, BSN, RN, BCPA
SPEAKER |WELLNESS EXPERT|HEALTH ADVOCATE



Delayna Watkins is a true Wellness Maven with a real passion for women's wellness. As a board-certified registered nurse with extensive clinical and leadership experience, Watkins is recognized in the industry of health and wellness. Receiving the Governor's Citation award for her work in the healthcare field, being a best-selling author, and nursing leader all represent her dedication to women's wellness. Delayna, most notably is the CEO and founder of the Women's Wellness Lounge™, an intimate space where she provides health advocacy and lifestyle change services to thousands of women locally and nationwide. She

recently expanded this concept and launched a national TV Show and Podcast the *Women's Wellness Lounge Show* which provides education and entertaining content for women.

Delayna has also created the **Sugarless Living Program™** which is a result driven program responsible for helping women and their families decrease their consumption of refined sugar and processed food, leading to weight loss and diabetes prevention. As a speaker, Delayna is authentic, electrifying, and energetic. Her delivery shifts the audience into action and provides support for immediate lifestyle change.

Since pursuing her passion Delayna has been recognized and featured on various national platforms and media including the Dr. Oz Show, Fox 45, The Steve Harvey Morning Show, Wealthy Sistas Radio, Diva Zone Magazine, and other professional networks. She has provided services for University of Maryland, National Black Nurses Association (NBNA), Coppin State University, National Association of Professional Women (NAPW), Internal Revenue Service (IRS), and many other professional organizations.

Delayna is constantly in hot pursuit of her dreams and goals with the unwavering support of her family and she is honored to be a voice for women to experience total wellness at any age!