

Hot Girl Era Starter Kit

Dr. Sonja L Allen WHNP-BC | Founder, Well Woman

Welcome to Your HOT GIRL ERA!

Hey y'all, I'm Dr. Sonja L Allen—board-certified Women's Health Nurse Practitioner, Founder/CEO of Well Woman, and a fierce advocate for women showing up whole, seen, and unapologetic.

For too long, we've wandered through life unseen and unheard—our voices muffled by what others expected us to be. I've made it my mission to change that: to help women be good, stay good, and feel powerful at every stage of life.

Menopause isn't something to hide from—it's something to own. Whether it's my own journey, my friends, family, or my patients, I knew it was time we reclaimed this season and walked boldly into our HOT GIRL ERA.

This starter kit will empower you with practical tools to care for your mind, body, and soul as you navigate menopause and beyond. At Well Woman, we listen without judgment—because being seen and heard is non-negotiable.

Reflect. Remind yourself that you are bold, fierce, and worthy of every bit of grace and power.

Ready to take the next steps? Visit www.letsbewhole.org/hotgirlstarterkit to grab part 1 of the kit.

Let's own this era—together.

A handwritten signature in black ink that reads "Dr. Sonja". The signature is written in a cursive, flowing style with a small dot above the 'i' in Sonja.