

## WFWP DC: Unlocking the Fountain of Youth - Becoming Ageless, Part 2

Elizabeth Aihe and Wasana Catalan  
October 28, 2023



*Ms. Debra Poneman*

WFWP Washington DC hosted a health webinar titled "Becoming Ageless, Part 2" on Saturday, October 28, 2023. The event commenced with welcoming remarks from the emcee, Dr. Dottie Chicquelo, the Global Women's Peace Network Representative for the Washington DC Metro Area.

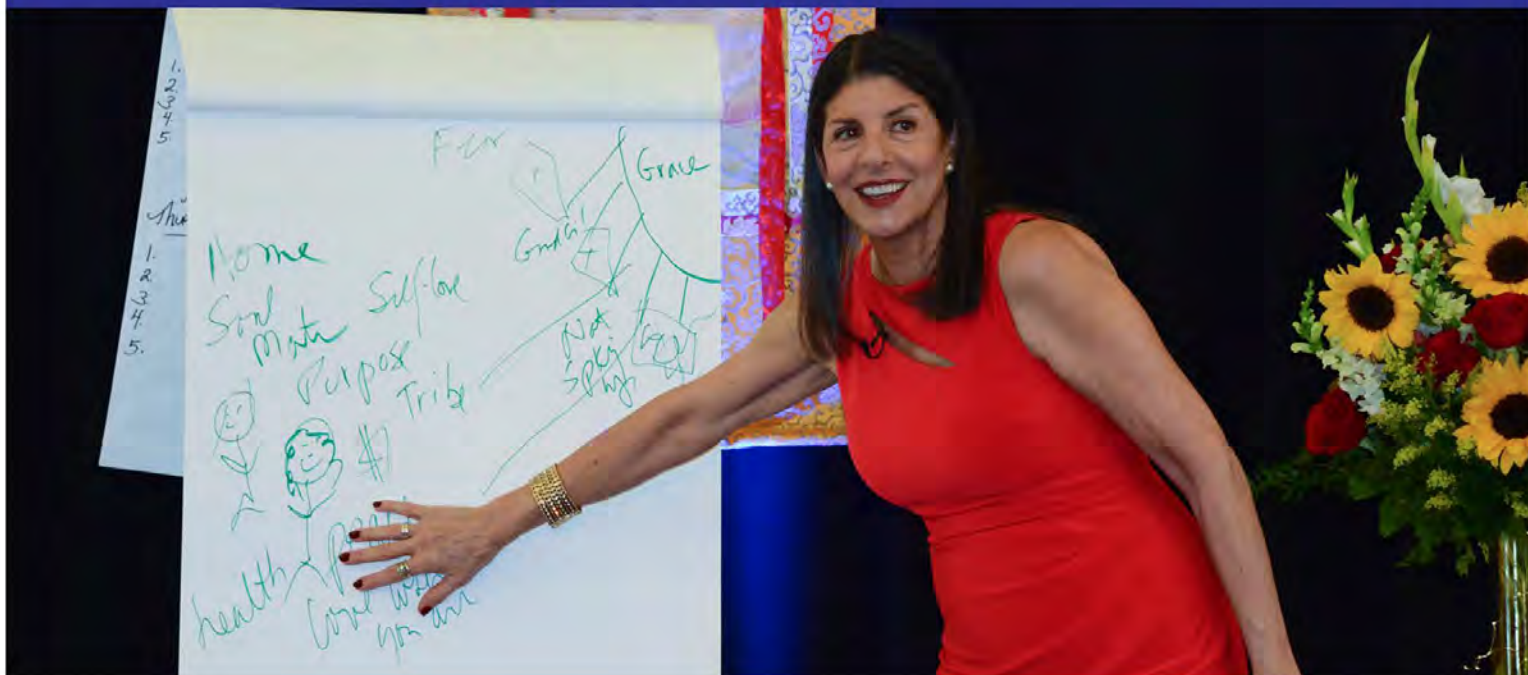
Ms. Elizabeth Aihe, the chairwoman of WFWP Washington DC Chapter then introduced the guest speaker, [Ms. Debra Poneman](#), founder and CEO of "Yes to Success Seminars," by reading her bio.

Ms. Poneman delivered an insightful presentation, emphasizing that while chronological aging is inevitable, physical aging can be managed differently than commonly believed. She highlighted the advantages of stress management, a healthy diet, regular exercise, social connections, mental stimulation, and quality sleep.

Scientific evidence was presented to support the claim that meditation, yoga, and breathing techniques can reverse the aging process of both the brain and body. Ms. Poneman demonstrated a simple yet effective breathing technique called "Straw Breath," which all participants engaged in. This technique was lauded for its simplicity and its ability to quickly alleviate stress and rebalance the nervous system.

Ms. Poneman also discussed the potential adverse effects of 5G on the brain and body, as well as the impact of Blue light on eyes, brain function, and sleep. Particularly highlighting the vulnerability of children, she recommended protective measures such as Blue Light-Blocking TV Screen Protectors and Blue Light-Filtering Glasses. Her presentation provided valuable health insights that resonated with participants.

A participant expressed their appreciation, stating, "The information she shared was very profound, and many people need to hear about it as we often take our health for granted."



## DEBRA PONEMAN

Debra Poneman is a true pioneer in the world of transformation.

For more than 40 years, through her Yes to Success seminars, she has shared the tools and techniques to live a life of ultimate success with hundreds of thousands of people around the world.

In the 1980's, decades before the internet made worldwide communication instantaneous, Debra's seminars were being taught in dozens of U.S. cities and 14 countries around the world. Using the knowledge gained in her seminars, her graduates went on to become mega-successful entrepreneurs, NY Times bestselling authors, profound world-changers, millionaires, billionaires—and some of the most recognized names in the world of transformational leadership.

Many call Debra the mentor to the mentors.

Debra has been an in-house trainer since the early 1980's, a time when it was practically unheard of for women to be corporate trainers. Her clients include Mattel Toys, McDonnell Douglas, the Xerox Management Group, the Shaklee Corporation, Enterprise Bank, Women in Management, Women in Banking, Business and Professional Women, and the Young President's Organization among others.

Debra has appeared in print throughout the world and on TV networks including ABC, NBC, FOX and CNN and on shows from coast to coast including Good Morning New England, Chicago Today and Mid-Morning LA.

In 1988, at the height of her success, with her Yes to Success book in the hands of a top agent and in the midst of negotiations for her own national TV talk show, Debra, true to her own teaching of following your heart, walked away from her career and disappeared from the public eye for over 20 years when she decided to become a full-time mom at home.

With her daughter now a successful doctor of chiropractic and her son an Emmy-nominated filmmaker, philanthropist, and sports agency owner, Debra is once again traveling the world sharing the universal secrets of how to live a life of true and lasting success as well as how to turn back the hands of time for your brain and your body through her acclaimed Ageless courses.

Debra is also a member of numerous professional organizations including Jack Canfield's Transformational Leadership Council and the Southern California Association of Transformational Leaders. She is a founding



California Association of Transformational Leaders. She is a founding member of the Evolutionary Business Council.

She also sits on the boards of several non-profits including Aid Still Required, the Community of South Africa, and the Shot in the Dark Foundation. Debra has been a certified meditation teacher since the 1970's and has taught meditation to thousands of individuals and in companies throughout the world.



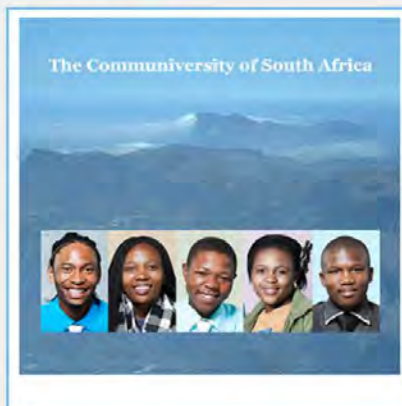
## Debra Invites You to Join Her in Supporting these Humanitarian Organizations that are Changing the World

### Aid Still Required



Donate and help those left behind after natural disasters and crises. Please help me say YES to the people of Haiti.

### Community



The Community of South Africa is a new and exciting venture in pre-college and community education, focused on the present need for relevant trades, skills, and professional development.


### Shot in the Dark





Help me to support this organization which showcases kids from Chicago's most vulnerable communities to be seen by college scouts offering athletic scholarships.



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Debra is a proud member of the following organizations for Transformational Leaders:



### CONTACT

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of Our Attention to  
Create a Life We Love  
– and What  
Happened When I  
Died

March 28, 2020 - 9:23  
am

