Mae, a timeless visionary at 65, fueled by an unwavering passion to empower women through her secret sauce recipe. Holding formal titles such as a Registered Nurse, Certified Integrative Health Coach, Treasurer to Blue Star Moms NY6, and reigning MS. New York Senior America 2023, Mae is a dynamic CEO with over 35 years of experience in building multimillion-dollar enterprises. Her philosophy centers on guiding women to embrace midlife and beyond as an awakening, discarding the cliché of a "Midlife Crisis." Mae encourages women to embark on a journey of self-discovery, navigate transformative paths, establish healthy boundaries, indulge in guilt-free self-care, and pursue soulful fulfillment—all while gaining the confidence and courage to effect positive changes. As an eternal optimist, Mae discovered age-defying benefits in body, mind, and soul despite facing challenges like Lupus and Hashimoto's. Dubbed an ACTION coach, adventurous fitness advocate, networking queen, and lover of red wine conversations, Mae is also a Girlie Girl with a passion for glam looks, fashion, and skincare. Balancing her roles as a Turbo Cook, avid world traveler, wife, and proud mom, she embraces her Christian spiritual soul, trusting in God’s plan during challenging times. Community service is integral to Mae's identity, and she finds immense joy in participating in medical missions worldwide. Through charitable organizations, she makes a difference by providing food, clothing, shelter, education, and life-changing medical surgery to children and women. Mae's commitment is unwavering—to inspire, support, and remind women that it is never too late to live vibrantly, with fulfillment and purpose.