



followPhyllis

PRESS KIT

BLOGGER

FITNESS ICON

FASHIONISTA



STATS

31k Facebook followers

4k Instagram followers

2.5k Twitter followers

About

Phyllis Lerner is the founder of followPhyllis, an online community dedicated to senior women – an age group that has long been overlooked by the media.

Phyllis uses her life experiences to connect with other women, and to inspire them to join her on her wellness journey.

"Together, we uncover the best versions of ourselves through **exercise, nutrition, and fashion.**"



FOR ALL INQUIRIES, PLEASE
SEND AN EMAIL TO
PHYLLIS@FOLLOWPHYLLIS.COM

BLOG FEATURE

VIDEO SPOTLIGHTS

INSTAGRAM PROMO

TWITTER SHOUTOUTS

PRODUCT REVIEWS

STYLING

AS SEEN ON...

