



Cassandra Washington

Blogger, Traveler, Author, Freelance Writer

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Sustah-Girl
CHRONICLES



About the Blog

Sustah-Girl Chronicles is a place for Baby Boomer and Gen X women to connect, collaborate, and communicate. It is a place to learn about travel, following one's passion, and living life to the fullest. It's where women come to share new ideas, adventures, promote healthy life experiences, resources, and more.

Sustah-Girl Chronicles is where the adventures of life after 50 is explored and celebrated.

About Cassandra Washington

For many years Cassandra served as an educator in public schools. After she retired, she was determined to follow her passion to travel, write, and develop a sisterhood among women. Like many women, Cassandra discovered that it was time to do all those things that were on the backburner for many years. In 2017, she created the blog to share and receive knowledge of life's experiences, travels, successes, and wisdom.

Cassandra is a blogger, author, educational consultant, instructional designer, and freelance writer. She currently lives in Illinois where she enjoys motorcycle riding, photography, traveling, writing, the outdoors, and sipping great wine. Her goal is to spread the joy of sisterhood and provide a great place for adventures of the mind, body, and soul.

Freelance Articles

The Best Things to do in Chicago from an Insider

<https://www.abookloversadventures.com/best-things-to-do-in-chicago-from-an-insider/>

Six Key Things to Know About Jordan Culture

https://www.travelawaits.com/2479315/jordan-culture-things-to-know/?pv=related_list

Collaborations

Champaign County

<https://www.sustah-girl.com/fun-food-and-fall-in-champaign-county/>

Hampton, VA

<https://www.sustah-girl.com/400-years-forward-in-hampton-virginia/>

YouTube Videos

Journey to Jordan

<https://youtu.be/d3daknbMAaM>

Discover Egypt

<https://youtu.be/OvSbiJdx9zg>

Cartagena, Columbia

<https://youtu.be/RmmpYsk1luM>

Dubai

<https://youtu.be/LzsxEE1nzKl>

Markets

Women (Baby Boomers & Generation X)

African-American Women

College Educated Women

Ages 50 and Above

Income Level \$60K and up

Services

- Sponsored Posts
- Product Reviews
- Freelance Writing
- Affiliate Advertising
- Public Speaking
- Social Media Promos
- Ambassadorships

Instagram Rates

Sponsored Post	\$85
Reel	\$100
Instagram Story.	\$20

All other services contact me for rates.

Let's Work Together!

Get your brand in front of women who enjoy traveling, shopping, great food, and so much more. Send me an email and we can discuss which opportunities work best for you and your budget.