

Female Healthy Aging

with Dr Simone Kreyer · Hormones · Healthy Lifestyle · Mental Health

Female Healthy Aging is an invitation to consciously put your own health first from the age of 40. It is for women who want to understand what changes during this stage of life – and how they can strengthen their health, energy and performance in the long term. The focus is on the key factors for healthy ageing: movement and strength, nutrition, sleep, recovery and hormonal changes – science-based and practical for everyday life, combined with soothing treatments on site.

PACKAGE INCLUSIONS

- Accommodation at Mount Med Resort
- Delicious, health-conscious meals (full board)
- Use of the Wellness & Spa area (3,500 m²)
- Participation in the resort's varied weekly programme

WHO IT IS FOR

- You are noticing that your body is changing from 40 onwards and want to understand what really matters now.
- You want to feel stronger, more energised and more comfortable in your body again.
- You want to learn how movement, nutrition, sleep and recovery lay the foundation for your health tomorrow.
- You rarely take time for yourself in everyday life and want to change that for a few days.
- You don't follow every health trend, but want a science-based understanding of what is good for you.

ABOUT YOUR HOST

Dr Simone Kreyer is a psychologist with a doctorate, health coach and fitness trainer specialising in women's health and healthy ageing from 40. As a former competitive athlete, she combines scientific findings with her many years of experience in movement, nutrition and a healthy lifestyle.

With MYFIREPHASE, she supports women in better understanding the changes around perimenopause and menopause and in shaping their health actively and sustainably. She is also co-founder of The PAUSE Summit – the event for Female Healthy Aging.

RETREAT PROGRAMME

Between programme items: free time & time for treatments.

THURSDAY

from 14:00 Check-in

from 17:00 Welcome – arriving, taking a deep breath, getting to know each other over a welcome drink & overview of the retreat

from 18:30 Dinner together with Simone, followed by a short relaxing walk together

FRIDAY

07:00 – 10:30 Breakfast

08:00 – 08:30 Breathwork/stretching as part of the weekly programme

10:30 – 12:30 Talk: Perimenopause/early postmenopause – an overview & why this very phase is an essential window for prevention in Female Healthy Aging

12:30 Lunch together, followed by a walk

17:00 – 18:00 Talk: Movement & recovery – which myths exist, what optimal training can look like, how to start & how to keep going

18:30 Dinner together, followed by a short relaxing walk

SATURDAY

07:00 – 10:30 Breakfast

09:00 – 12:00 Activity

12:30 – 15:00 Lunch together, followed by a walk

16:30 – 17:30 Talk: Hormones & hormone replacement therapy – what is the latest thinking and what does it mean for me? (in cooperation with a gynaecologist)

18:30 Dinner together, followed by a fireside session: Ask Me Anything with a gynaecologist & Simone Kreyer

SUNDAY

07:00 – 10:30 Breakfast

08:00 – 08:30 Foot exercises as part of the weekly programme

11:00 – 12:30 Talk: Nutrition & strategies for a long-term, healthy lifestyle in the spirit of Female Healthy Aging

12:30 Lunch together, followed by a walk

14:00 – 15:00 Wrap-up, outlook & goodbye

€1,340 per person in a single room
€1,190 per person in a double room
3 nights / 4 days incl. board & accommodation

Dates
25 – 28 February 2027

Conditions
Incl. retreat programme and movement/sport
Double room price per person

