

MONTEVERDI
CASTIGLIONCELLO DEL TRINORO
TUSCANY

SEMPRE SANO: FOREVER HEALTHY
SEPTEMBER 24-30



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PROGRAM OVERVIEW

SEPTEMBER 24-30, 2017

At Monteverdi Tuscany, we seek to inspire you with one-of-a-kind experiences. We invite you to come see, feel, hear and stay with us for a unique week-long seminar that will enrich your life and recharge your spirit, mind and body. Forever Healthy: Sempre Sano will take place at the incomparably beautiful boutique hotel known as Monteverdi Tuscany in the medieval Tuscan village of Castiglioncello del Trinoro.

We've put together an innovative program that will teach you how to live a long, healthy and vigorous life. A world-class faculty of leading physicians and other experts will teach the steps one can take immediately to reverse or prevent heart disease, beat cancer and keep your brain vital and healthy through age 100.

We are excited to have secured the participation of Integrative Medical Physicians and other experts from The University of Pittsburgh Medical Center (UPMC). This prestigious center for medicine has recently opened a center in Tuscany devoted to longevity, health and wellness. UPMC's center is located a few kilometers from the Hotel Monteverdi in Chianciano Terme, a site revered by the Romans as a place of extraordinary medicinal powers because of its hot Sulphur springs, which are still functioning today. In this place associated with health and wellness for centuries, UPMC has created a state-of-the art medical center with a full array of diagnostic equipment and procedures, all dedicated to preventing disease and promoting a long, healthy and vigorous life. A description and list of these procedures is attached. All of them are available to our guests at Forever Healthy: Sempre Sano.

RETREAT FROM THE ORDINARY

Monteverdi is a rare boutique hotel experience that enriches the mind, stirs the soul and enlivens the senses. It's the timeless Tuscany you've dreamt about: a medieval hilltop village with panoramic views of rolling fields and vineyards, watchtowers and walled cities. Yet it's so much more.

Whether you desire a villa for a large group or an intimate retreat, every space is unique, each with its own architecture and personality. The rooms are complemented by a fine dining restaurant, an informal Enoteca, a cocktail bar, a world-class Spa, an art gallery and our performing arts venue. All built into the bones of an ancient village, meticulously restored in an aesthetic that transcends time and blends past with present.



INSPIRATIONAL THOUGHT LEADERSHIP

The Faculty for the 2017 program is truly unique: Returning speakers will be world famous nutritionist, author and lecturer, Colin Campbell, PhD; and John Tew MD, will be joined by Annie Fenn MD, Health authority, physician and Brain Health Chef.

FEEL MORE CONNECTED AND ALIVE

Each day begins with a complimentary breakfast at Oreade, featuring a fine array of locally produced pastries, yogurt, cereals and other delicacies, as well as a complimentary 5 p.m. wine tasting at the Monteverdi Enoteca. Every day will offer a new adventure with an exclusive day trip led by our experienced drivers in luxury vehicles. Our drivers and guides have years of experience living and working in Tuscany and will provide a true insider's unique perspective and insight to the region.

In addition to our scheduled daily excursions, the option to spend your days exploring Castiglioncello is also quite delightful. We offer activities including biking, hiking, Spa treatments and massages, or simply relaxing in the quintessential Tuscan landscape with lush gardens, lingering green spaces and an infinity pool perfect for reading and reflection. Or, simply gather with friends for a meal in timeless gardens and terraces offering delightfully panoramic views of Monte Amiata, a towering inspiration for all civilizations in the region.

There is also the option to discover Tuscany on your own. Our personal concierge service is pleased to help organize your customized excursion and accommodate any requests, including a private luxury car and driver. (Price dependent on length of your customized excursion.)

CALENDAR OF EVENTS

DAY 1 - SUNDAY, SEPTEMBER 24TH

- 8:00 a.m.–5:00 p.m. **Guests Arrive**
 - Relax and explore Castiglioncello. The medieval hamlet that is home to Monteverdi Tuscany is an ideal place in which to nourish your intellectual curiosity and stimulate your senses. Guests can enjoy activities such as biking, hiking, Spa treatments and massages at the Monteverdi Spa, or simply a relaxing read in our Library Bar, Enoteca, pool or gardens. Each scent, taste, sight, and thought creates indelible experiences that inspire and energize. Our guests can gather with friends for a meal in timeless gardens and terraces offering delightfully panoramic views of Monte Amiata, a towering inspiration for all civilizations in the region.
 - For those guests who are passionate about Italian food and ready to immerse themselves into the Italian culinary world, our Executive Chef Giancarla Bodoni is pleased to offer customized cooking lessons. Lessons give you an excellent overview of how to prepare classic Tuscan dishes like pici pasta, boar ragu and many other specialties. A complimentary lunch including wine will follow the cooking class. A genuine Monteverdi apron as worn by our chefs to take home as a remembrance of your stay with us will be given to you at the end of the culinary experience. You can contact our personal concierge service to make your reservation. (Price 125€, per person, includes the cooking lesson, lunch, wine and Monteverdi apron.)
 - Guests have also the opportunity to discover Tuscany on their own. Our concierge service is pleased to help organize your customized excursion and accommodate any requests, including a private luxury car and driver. (Price dependent on length of your customized excursion.)
 - Walk or daily hike available with Margaret Tew Romero
- 6:00 p.m.–7:30 p.m. **Complimentary Welcome Wine and Cocktail Party at the Library Bar**
 - Q&A with Dr. Giovanni Vizzini, University of Pittsburgh Medical Center in Chianciano Terme, Italy, regarding cutting edge developments in screening for and preventing disease.
- 7:30 p.m. **Complimentary Welcome Dinner**
 - Greetings by Michael Cioffi, Founder & Chairman of Monteverdi Tuscany at Villa Muri Antichi.

DAY 2 - MONDAY, SEPTEMBER 25TH

- 7:30 a.m.–9:00 a.m. **Complimentary breakfast at Oreade**
 - Featuring a fine array of locally produced pastries, yogurt, cereals and other delicacies.
- 7:00 a.m.–8:00 a.m. **Guided Exercise with Margaret Tew Romero** (reservations encouraged)
- 9:00 a.m.–9:15a.m. **Meditation and Mindfulness Exercises – Chiesa di Sant' Andrea**
 - Susan Tew
- 9:30 a.m.–10:30 a.m. ***“A Neurosurgeon’s Journey to Healthy Living”***
 - John M. Tew, M.D.
- 10:30 a.m.–11:30 a.m. ***“Brain Works: The Art and Science of Improving Brain Health with Food”***
Annie Fenn, M.D.
- 11:30 a.m.–5:00 p.m. **Open for leisure or adventure.**
 - Experience the incomparable beauty of Tuscany on a private excursion in a luxury vehicle, relax at Monteverdi, or have our concierge staff arrange an activity such as biking, truffle hunting, yoga, Plein Air painting, wine seminars, private cooking classes or other activities that are only limited by one’s imagination.
- 5:30 p.m.–6:30 p.m. **Complimentary wine & cocktail reception at Monteverdi’s Enoteca.**
- 7:00 p.m.–8:30 p.m. **Private Concert – Chiesa di Sant' Andrea**
 - Daniela Cappiello, Soprano
 - Marco Ciaponi, Tenor
- 8:30 p.m. **Complimentary post-concert Dinner at Oreade**
 - Library Bar and Monteverdi’s Enoteca also remain open post-concert.

DAY 3 - TUESDAY, SEPTEMBER 26TH

- 7:30 a.m.–9:00 a.m. **Complimentary breakfast at Oreade**
 - Featuring a fine array of locally produced pastries, yogurt, cereals and other delicacies.
- 7:00 a.m.–8:00 a.m. **Guided Exercise with Margaret Tew Romero** (reservations encouraged)
- 9:00 a.m.–9:15a.m. **Meditation and Mindfulness Exercises – Chiesa di Sant’ Andrea**
 - Susan Tew
- 9:30 a.m.–10:45 a.m. **“Nutrition and Health”**
 - T. Colin Campbell, Ph.D.
- 11:00 a.m.–12:00 p.m. **Panel Discussion on Nutrition and Health**
 - John M. Tew, M.D.
 - T. Colin Campbell, Ph.D.
 - Annie Fenn, M.D.
- 12:00 p.m.–5:00 p.m. **Open for leisure or adventure**
 - Experience the incomparable beauty of Tuscany on a private excursion in a luxury vehicle, relax at Monteverdi, or have our concierge staff arrange an activity such as biking, truffle hunting, yoga, Plein Air painting, wine seminars, private cooking classes or other activities that are only limited by one’s imagination.
- 12:30 p.m.–2:00 p.m. **Complimentary Lunch in Villa Muri Antichi with Drs. Campbell, Tew and Fenn**
 - featuring a discussion of recipes from the The China Study Cookbook and a cooking lesson by Chef Giancarla Bodoni and Dr. Fenn
- 2:30 p.m.–4:00 p.m. **Film Screening and Study with Dr. Campbell, Dr. Tew and Dr. Fenn**
 - Forks Over Knives
 - Plant Nation
 - Cowspiracy
- 8:30 p.m. **Complimentary Dinner at Podere Santa Maria**
 - Hosted at the private villa of Michael Cioffi, featuring fresh vegetables, olives, antipasti and wood-fired pizza, made from scratch with locally sourced ingredients.

 - Library Bar and Monteverdi’s Enoteca also remain open after dinner.



DAY 4 - WEDNESDAY, SEPTEMBER 27TH

- 7:30 a.m.–9:00 a.m. **Complimentary breakfast at Oreade**
 - Featuring a fine array of locally produced pastries, yogurt, cereals and other delicacies.
- 7:00 a.m.–8:00 a.m. **Guided Exercise with Margaret Tew Romero** (reservations encouraged)
- 9:00 a.m.–9:30 a.m. **Meditation and Mindfulness Exercises – Chiesa di Sant’ Andrea**
 - Susan Tew
- 9:30 a.m.–10:45 a.m. **"The Biology of Aging"**
 - John M. Tew, M.D
- 10:45 a.m.–12:00 p.m. **"Prevention and Reversal of Chronic Disorders of Aging through Food, Wine and Fitness"**
 - Margaret Tew Romero, Health and Wellness Coach
 - Dr. Bruno Gridello, University of Pittsburgh Medical Center, Chianciano Terme
- 12:00 p.m.–2:00 p.m. **Garden Fresh Lunch and Open Discussion on Music, Art, and Literature**
- 2:00 p.m.–5:00 p.m. **Open for leisure or adventure**
 - Experience the incomparable beauty of Tuscany on a private excursion in a luxury vehicle, relax at Monteverdi, or have our concierge staff arrange an activity such as biking, truffle hunting, yoga, Plein Air painting, wine seminars, private cooking classes or other activities that are only limited by one’s imagination.
- 5:30 p.m.–6:30 p.m. **Complimentary wine and cocktail reception at Monteverdi’s Enoteca**
- 6:30 p.m. **Guests can dine at Oreade, Monteverdi Tuscany’s fine dining restaurant, or at the restaurant of their choice**

DAY 5 - THURSDAY, SEPTEMBER 28TH

- 7:30 a.m.–9:00 a.m. **Complimentary breakfast at Oreade**
 - Featuring a fine array of locally produced pastries, yogurt, cereals and other delicacies.
- 7:00 a.m.–8:00 a.m. **Guided Exercise with Margaret Tew Romero** (reservations encouraged)
- 9:00 a.m.–9:15 a.m. **Meditation and Mindfulness Exercises – Chiesa di Sant’ Andrea**
 - Susan Tew
- 9:30 a.m.–10:30 a.m. **“Personal Health through Food, Fitness and Integrative Medicine”**
 - Annie Fenn M.D.
 - John M. Tew, M.D.
- 10:45 a.m.–12:00 p.m. **“Exercise and Health”**
 - Margaret Tew Romero, Health and Wellness Coach
 - Dr. Bruno Gridelli, University of Pittsburgh Medical Center, Chianciano Terme
- 12:00 p.m.–12:45 p.m. **Open Discussion/Q&A on Maintaining Healthy Body and Mind**
 - Annie Fenn M.D.
 - John M. Tew, M.D.
 - Margaret Tew Romero, Health and Wellness Coach
 - Bruno Gridelli, M.D.
- 1:00 p.m.–5:00 p.m. **Open for leisure or adventure**
 - Experience the incomparable beauty of Tuscany on a private excursion in a luxury vehicle, relax at Monteverdi, or have our concierge staff arrange an activity such as biking, truffle hunting, yoga, Plein Air painting, wine seminars, private cooking classes or other activities that are only limited by one’s imagination.
- 5:30 p.m.–6:30 p.m. **Complimentary wine and cocktail reception at Monteverdi’s Enoteca**
- 7:00 p.m.–8:30 p.m. **Private Concert – Chiesa di Sant’ Andrea**
 - Gabriele Carcano, Pianist
- 8:30 p.m. **Complimentary post-concert dinner at Ristorante Oreade** (reservations encouraged)

DAY 6 - FRIDAY, SEPTEMBER 29TH

- 7:30 a.m.–9:30 a.m. **Complimentary breakfast at Oreade**
 - Featuring a fine array of locally produced pastries, yogurt, cereals and other delicacies.
- 7:00 a.m.–8:00 a.m. **Guided Exercise with Margaret Tew Romero** (reservations encouraged)
- 9:00 a.m.–9:15 a.m. **Meditation and Mindfulness Exercises – Chiesa di Sant' Andrea**
 - Susan Tew
- 9:30 a.m.–11:00 a.m. **"Art, Literature & The Mind"**
 - Andrea di Robilant, Author of: *A Venetian Affair*, *Chasing the Rose: An Adventure in the Venetian Countryside*, *Venetian Navigators*, *Lucia: A Venetian Life*.
- 11:00 a.m.–5:00 p.m. **Open for leisure or adventure**
 - Experience the incomparable beauty of Tuscany on a private excursion in a luxury vehicle, relax at Monteverdi, or have our concierge staff arrange an activity such as biking, truffle hunting, yoga, Plein Air painting, wine seminars, private cooking classes or other activities that are only limited by one's imagination.
- 7:30 p.m.–8:30 p.m. **Private Concert – Chiesa di Sant' Andrea**
 - A Live Opera: *A Venetian Affair*, based on the book by Andrea di Robilant and performed by "The Venice Music Project" and Liesl Odenweiler, Soprano.
- 8:30 p.m. **Complimentary Farewell Dinner**
 - Featuring an interactive cooking demonstration with Chef Giancarla Bodoni and Annie Fenn at Villa Muri Antichi.

DAY 7 - SATURDAY, SEPTEMBER 30TH

- 7:30 a.m.–10:30 a.m. *Complimentary breakfast at Oreade*
 - Featuring a fine array of locally produced pastries, yogurt, cereals and other delicacies.
- 11:00 a.m. *Check-out and departure.*



PACKAGE DETAILS

€6,000 PER INDIVIDUAL OR €8,700 PER PAIR

- Six nights of luxury accommodations at the incomparable Monteverdi Tuscany.
- Daily continental breakfast.
- 24/7 English-speaking personal concierge service and night porter service.
- Three sunset wine and cocktail hours.
- Welcome celebration dinner hosted by Mr. Michael Cioffi, Founder, and Dr. John Tew in Villa Muri Antichi.
- Two additional full-course dinners in our award-winning restaurant Oreade, or on our beautiful veranda featuring magnificent views of the Val d'Orcia.
- Private wood-fired pizza dinner and gathering at Podere Maria, private villa residence of Mr. Michael Cioffi, Monteverdi's founder.
- Three private concerts in the 14th Century Romanesque Church of Castiglioncello featuring a renowned live opera performance.
- Eight private lectures and two panel discussions hosted by a prestigious group of world-renowned medical experts and specialists.

OPTIONAL SERVICES & HIGHLIGHTS

- Luxury vehicle transportation to and from Monteverdi Tuscany.
- Lunches at Oreade, our fine dining restaurant or Monteverdi's Enoteca, featuring casual fare and 32 wines by the glass.
- Excursions and daily trips (price varies by excursion).
- Private cooking classes with our Executive Chef, Giancarla Bodoni.
- On-site spa treatments and services.

PLANNED EXCURSIONS

Join us on one of our planned daily excursions, or our concierge can assist you in choosing from an almost limitless array of optional activities throughout Tuscany.

MONTALCINO

Excursion to Montalcino, vineyard tour and wine tasting. The famous Tuscan hill town of Montalcino is best known for what most wine lovers consider to be Italy's finest red wine: Brunello di Montalcino. Approximately 45 minutes from Monteverdi, Montalcino is a lovely place to spend a day. The streets of Montalcino are narrow and steep, cascading from the Fortezza, which affords panoramic views of three valleys from the ramparts. Within the walls of the Fortezza is an enoteca where you can try every Brunello by the glass or bottle and judge the best for yourself. However, do not enjoy too many as your next stop is down to the countryside to visit the vineyards and experience the Brunello terroir as well as learn about the wine from the winemakers themselves.

MONTEPULCIANO

Excursion to and shopping in Montepulciano. Monteverdi is pleased to offer an exclusive day trip to another Tuscan hill town, Montepulciano, where you can taste the other great wine of the region. Vino Nobile di Montepulciano. After the vineyard tours and tastings, it is time to experience the beautiful and bustling hilltop city itself. Your private driver will take you through the Tempio di San Biagio, designed by Antonio da Sangallo the Elder, a church considered by many to be one of the finest examples of Renaissance architecture in the world. Movie buffs will recognize Montepulciano from films like Under the Tuscan Sun, Twilight and Medici: Masters of Florence. A stop for lunch at a very genuine and local favorite is a must as well as a stop at a fantastic local shop that sells beautiful high-quality leather goods, including wallets, shoes and handbags.

PLANNED EXCURSIONS

HIDDEN ART TREASURES OF TUSCANY

Excursion to the hidden art treasures of Tuscany. Monteverdi is pleased to offer an exclusive day trip to discover some of the amazing art of Tuscany, tucked away in churches, municipal buildings, convents, palazzi and piazze. Tuscany, of course, is the birthplace of the Renaissance, which witnessed the greatest production of art, sculpture, music, science and philosophy in history. The tour will first introduce you to Sarteano, a little town unknown to even the most experienced Italian tourist, that holds varied artistic treasures, from Etruscan tombs and Roman roads, to medieval churches and Renaissance palaces. The first stop is the Museo Civico Archeologico, situated within the 16th-century building of Palazzo Gabrielli. Following Sarteano, Città della Pieve is another wonderful hill town striking for its intense terracotta color. A fortress dominates the skyline with its five square towers, while the town center, Piazza del Plebiscito, acts as the town's historical and artistic hub. The Cathedral of Santi Gervasio and Protasio features works by Pietro Perugino, a native artist of the city. The frescoes throughout the cathedral show Perugino's influence, but also that of another great master, Raphael.

CULINARY EXCURSION

Exclusive insiders' culinary excursion through Tuscany. We are fortunate to be bounded by beautiful farmland and robust vineyards. The Val d'Orcia is home to pecorino cheese, the best olive oil in the world and a thousand other delicious food and farm products. You will spend the day experiencing it all firsthand. Your gastronomic journey will begin with a visit to a local farm. You will then meet a Pecorino Master and learn to make this special regional cheese, of which many are featured at Monteverdi Tuscany. Following the cheese-making class, lunch will be served, highlighted by these award-winning cheeses and locally cured meats. In the afternoon, your tour will continue with a visit to a stone mill to see how the ancient grains of Val d'Orcia are processed. Your tour concludes with a tasting of one of the best extra virgin olive oil producers in Tuscany. (reservations required).

PLANNED EXCURSIONS

TRUFFLE HUNTING & COOKING LESSON

Truffle hunting and cooking lesson. Found underground, truffles are considered one of Italy's most cherished delicacies. There are many different kinds of truffles including the white truffle, which is most commonly found in the Tuscan region. Truffles are the "fruit" of the underground funghi. A Master Truffle Forager and his truffle-hunting dogs will accompany you. These hunting dogs are used because of their keen sense of smell and lack of desire to consume the truffles. Your desire on the other hand, will crescendo, as you return to Monteverdi Tuscany for a private cooking lesson incorporating the spoils of the day. (Price 350€ per person, includes truffle hunt, cooking lesson, sumptuous lunch, wine and Monteverdi apron. Reservations required.)

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