

MONTEVERDI
CASTIGLIONCELLO DEL TRINORO
TUSCANY

Meet the Faculty



Dr John Tew is a leader in his medical field and community, and practiced neurosurgery for over 45 years. He led the development of the University of Cincinnati Department of Neurosurgery and was the first Frank H. Mayfield Chair for Neurological Surgery. He served as Professor and Chairman of the department for 20 years before co-founding and taking the helm of the UC Neuroscience Institute in 1998.

During his time at the University of Cincinnati, he also developed the integrative medicine practice focused on lifestyles that promote stress reduction, optimize health function and preempt disease. He served as Medical Director of the Mayfield Chiari Center where his work was internationally recognized.

Susan Tew has been actively engaged in spirituality since 1990 as an integral component in the Process of Healthy Aging. She is a co-founder of the Adult Spirituality Institute at the Athenaeum of Ohio and leads prayer and study groups. Since the beginning of Sempre Sano in 2014 she has facilitated the morning practice of mindfulness meditation in the 14th century Chiesa di San Andrea. All participants are invited to experience the collective energy when we begin each day in gratitude and receptivity to educational and cultural programs of Sempre Sano. Come and “BE!”

All events are complimentary unless otherwise noted.

For reservations, please contact travel@monteverdituscany.com

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Victoria Morgan is the former Artistic Director and CEO of the Cincinnati Ballet. Victoria created the VM Workout only three weeks after retiring from her 25-year run with the Cincinnati Ballet. The VM Workout is a 55-minute movement-based fitness class incorporating a blend of yoga, ballet, contemporary movement, and strengthening exercises designed to support one's core, build flexibility, find balance, and attain proper alignment. A priority orientation for Victoria is to inspire the joy of moving with fluidity and musicality, propelled by her favorite tunes from the 1960s, '70s, and '80s. She welcomes people of all ages and abilities to get down as she guides them through structured movement and improvisation.

The VM Workout has attracted the attention of the University of Cincinnati's Integrative Health and Wellness programing, where she serves on the Board.



Dr. Annie Fenn is a physician, chef, culinary instructor, and the author of *The Brain Health Kitchen: Preventing Alzheimer's Through Food*. She is the founder of the Brain Health Kitchen, the only culinary school of its kind focused specifically on preventing age-related cognitive decline. She hosts Brain Health Retreats throughout the U.S. and abroad in Mexico, Panama, and Italy. Her method of cooking is aligned with the Mediterranean diet and other neuroprotective diets. Dr. Fenn speaks frequently about how lifestyle and nutrition can fend off Alzheimer's at medical schools, wellness retreats, culinary schools, assisted living centers, churches, schools, and other community spaces. Her mission is to help you protect your brain while still eating delicious food.

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Soprano **Liesl Odenweller**, appreciated in Europe as a versatile American artist, consistently delights audiences and critics in her unique and exciting interpretations of a wide variety of repertoire. The recipient of numerous awards and grants, Liesl has sung operatic roles and concerts in some of the world's most prestigious theaters, including Carnegie Hall, Teatro La Fenice, Teatro San Carlo, Auditorium di Milano and the Teatro Piccolo di Milano, collaborating with conductors like Sir Jeffrey Tate, Andrea Marcon, Riccardo Chailly, and Raymond Hughes, and stage directors including Jonathan Miller, Paul Curran, and Thaddeus Strassberger. A long-time resident of Venice, Italy, in 2013, Liesl co-founded Venice Music Project to help rediscover forgotten masterpieces and preserve the great tradition of Venice's musical heritage. She performs regularly with VMP's resident Baroque ensemble, in Venice and abroad. Liesl Odenweller's gown and jewels are designed by Gualti of Venice. More complete information is available at www.lieslodenweller.com

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