

PAT GREAVES

Menopause & Midlife Wellness Speaker

strongherpersonaltraining.com/speakerrequest | (646) 247-5666 | "Thrive with Menopause"

Pat Greaves is a certified personal trainer, corrective exercise specialist, and Precision Nutrition coach who helps organizations support the women navigating midlife and menopause in their workplaces, congregations, and communities. A regular contributor to Women's Health and Prevention magazine, she earned her pro bodybuilding card at age 49, was selected for Women's Health and Men's Health magazines' 2022 Strength in Diversity Program (one of just 8 fitness professionals nationwide), and has been featured on NBC's New York Live and CNBC. She previously led a fitness experience for professional women at the Business of WE wellness retreat in Punta Cana, Dominican Republic, and is available to lead women's fitness experiences starting Fall 2027.



WHO I SPEAK FOR

Corporate Teams &
Organizations

Churches &
Faith Communities

Community Groups
& Events

SIGNATURE TOPICS

Thriving Through Midlife & Menopause *(Keynote / Workshop)*

Science-backed strategies to help your team or community navigate the energy, sleep, stress, and focus changes of midlife and menopause with confidence.

Wellness Panels & Expert Discussions *(Panel / Moderated Q&A)*

A conversational format covering menopause, strength training, and stress management, tailored to your audience's real questions.

FORMAT & DETAILS

- Keynote, workshop, or panel format
- 30–90 minutes, in-person or virtual
- Science-backed education + practical takeaways
- Tailored to your organization or group

INVESTMENT

Speaking fees vary by format, length, and travel.

Reach out and I'll follow up with a custom quote for your event.

HOW TO BOOK

1. Reach Out

Submit the speaker request form or call (646) 247-5666.

2. Let's Connect

We'll talk through your event's goals, audience, and format.

3. Book Your Date

Confirm the details and you're on the calendar.

AS FEATURED IN: Women's Health • Men's Health • Prevention • NBC New York Live • CNBC
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