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The Brigitte Woman Podcast is the entertaining podcast for women over 40. In this important phase of life, the podcast wants to be there as a magazine to listen to - with clever, humorous and entertaining interviews that provide inspiration and well-founded information on the topics of fitness, health, nutrition, medicine and psychology.



Keyfacts

Frequency	weekly, on Friday
Ø length	35 minutes
Host	Diana Helfrich, Julia Schmidt-Jortzig
Target group	Women, 40 - 59 years
Theme cluster	Coaching & Health
Reading	Host-Read, Presenter-Read

