

Lyn Hogrefe

Positively impactful women's health advocate

Speaker, Educator, Author, Blogger



Founder and Executive Director of
Happy Hormone Cottage

Founder of Women's Health
Initiatives Foundation

Teacher of the Year 2004-2005

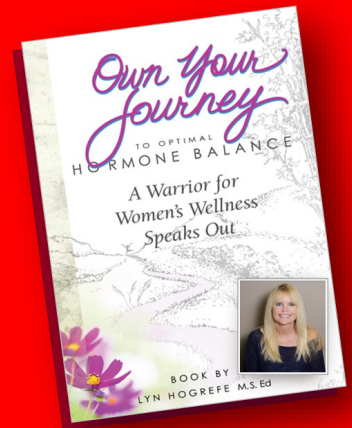
30 Year Public Educator

Lyn Hogrefe, MS Ed, is the founder and executive director of the Happy Hormone Cottage, which she started 8 years ago in the heart of Centerville, as a safe place for women to share their stories, be heard and validated. Through her own journey with an emergency radical hysterectomy at the age of 49, she recognized the huge gap between what our doctors and standard of care were telling us about hormone balance, and the truth about the needs of our body and the important tasks of our hormones. With the help of her compounding husband, she fought her way back to wellness, and opened her Happy Hormone Cottage to educate women on their options for natural hormone balance, prevention of disease and wellness throughout life.

Today, Lyn has four Happy Hormone Cottages in the Cincinnati-Dayton area; as well as a consulting business-HHC Consulting-to teach doctors across the country how to become proficient in optimal hormone balance. The 2nd edition of her book, "Own Your Journey...to Natural Hormone Balance" was published last year, solidifying her as a Warrior for Women's Wellness. In 2016, she co-wrote the award winning book, "Success Powered by Relationships" with 20 other area women. During the summer of 2015, Lyn began her "Lyn Hogrefe Women's Health Initiatives Foundation," supporting New Hope for Cancer, where 100% of monies raised goes directly to New Hope for Cancer. Just recently, in early 2017, Lyn partnered with 3 other area female entrepreneurs passionate about building awareness and creating change in their community. Collective Wellness Partners (www.CollectiveWellnessPartners.com) is a collaboration of experts who serve their community by giving free seminars centered around learning how to live our best lives naturally.

Lyn has been recognized in Dayton as a WIBN Top 25 Woman to Watch; in Cincinnati as CincyChic Woman of the Year, and an Athena Award Finalist; and most recently, she was selected by the West Chester Liberty Chamber Alliance as a Woman of Excellence.

Lyn's passion is women helping women understand the truth about their bodies, and to learn the most natural options for aging gracefully and healthfully, with a focus on preventing disease.



Create Awareness
Promote Change
Educate and Empower