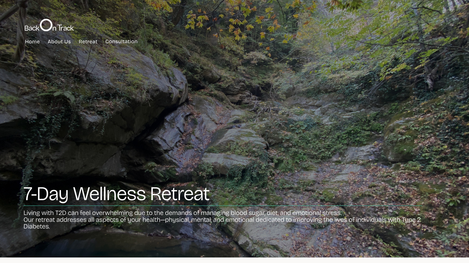


Back On Track

Home | About Us | Retreat | Consultation

7-Day Wellness Retreat

Living with T2D can feel overwhelming due to the demands of managing blood sugar, diet, and emotional stress. Our retreat addresses all aspects of your health—physical, mental, and emotional—designed to improve the lives of individuals with Type 2 Diabetes.

A Tailored Retreat for Health & Relaxation

Our retreat is nestled a mere stone's throw from the pristine Platamonas Beach.

Unwind in privacy and luxury with breathtaking mountain views, a serene outdoor swimming pool, and lush green surroundings.

See Our Facilities and Rooms

PERSONALIZED MEDICAL GUIDANCE

Every participant begins their journey with a thorough online consultation with our medical and psychological team, followed by personalized assessments pre-departure, upon arrival, and post-retreat follow-up.

PSYCHOLOGICAL SUPPORT

Living with diabetes can frequently result in emotional distress and a sense of isolation. We effectively alleviate these psychological symptoms by combining individual and group psychotherapeutic interventions.

NUTRITION AND COOKING WORKSHOPS

Learn how to prepare Mediterranean-inspired meals tailored to the nutritional needs of individuals with diabetes. Our expert nutritionist will guide you through meal planning and interactive cooking classes, *ensuring you leave with practical knowledge to support your health goals.*

DAILY MINDFULNESS AND PHYSICAL ACTIVITIES

We offer a variety of mindfulness practices, including meditation and gentle movement exercises, such as yoga, designed to reduce stress and promote mental clarity. These activities are complemented by physical exercises suitable for all fitness levels.

BUILDING LASTING CONNECTIONS

The retreat also fosters a strong sense of community, helping participants build connections that extend beyond the retreat. You'll join a group of like-minded individuals who understand the daily challenges of living with T2D and *can support each other on the journey to better health.*

SERENE NATURAL SURROUNDINGS

Experience a tranquil escape in the breathtaking landscapes of Platamonas, where nature's beauty supports healing and relaxation, fostering an optimal environment for well-being.

View Back on Track's Example

Daily Schedule

Back on Track - Facilities and Rooms

Our Retreat offers a unique combination of medical expertise, psychological support, education workshops and life style modifications, specifically designed to assist individual with Type 2 Diabetes in managing the physical, psychological and social challenges associated with the condition.

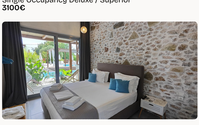
Our Facilities

Relax in our air-conditioned rooms with anatomical mattresses and plush bathrobes, complemented by free Wi-Fi . Experience the perfect blend of nature and luxury at Back on Track, designed for tranquility and enriched with the elegance of modern comforts.

Rooms

Double Occupancy Deluxe / Superior
2700€

Single Occupancy Deluxe / Superior
3100€



Single Occupancy Executive Room
3500€

Upcoming Retreat Dates

November 2 - 9, 2025

Book a Consultation with our Diabetes Specialist

Back On Track

Integrating expert medical care, psychological support, and lifestyle modifications, all delivered in a peaceful community setting where participants can feel safe and supported.

have more questions?

Location

Aegean Sea Coast,
Platamonas, Greece

Contacts

info@backontrack-diabetes.com
(46)7375150023

Book A Consultation With Our Diabetes Specialist