

**Mediterranean Lifestyle Medicine Institute
1st International Conference**

“Defining the Traditional Mediterranean Lifestyle Medicine”

June 9 - 11, 2023 - Leros, Greece

Tentative Program

(Order of activities may change depending on weather conditions and availability of services)

June 8th Thursday

Arrive in Leros, evening informal reception

June 9th Friday

09:00 – 9.30 Welcome – Logistics

9.30 – 11:00 **Session 1:** Introducing the **Mediterranean Lifestyle Medicine Institute** and the individual delegates; Outline of program; Expectations and outcomes from conference

11:00 – 11.30 Coffee Break

11.30 – 13:30 **Session 2:** Delivering task groups 1-3 outcomes and discussion

13:30 – 15:00 Lunch, socialization, and free time

15:00 – 18:00 **Experiential Learning Activities** - Visit the Cazerma of Herbs followed by the Leros Military History Tour (Leros was turned into a fortified military and naval base by the Italians in the 1930's and is the site of the famous Battle of Leros, the last major battle of WWII)

20:00 Welcome Dinner

**June 10th
Saturday**

08:30 – 10.30 **Session 3:** Delivering task groups 4-6 outcomes and discussion

10.30 - 11.00 Coffee Break

11:00 – 13:00 **Session 4:** Drafting the definition of Traditional Mediterranean Lifestyle

13:00 – 14:00 Lunch, socialization, and free time

14:00 – 19:30 **Experiential Learning Activities** - Visit the nearby small islands (Arkoi, Leipsoi, Marathi, Aspronisia) by boat

June 11th Sunday

08:30 – 10.30	Session 5: Traditional Mediterranean Lifestyle: Its global application
10.30– 11.00	Coffee Break
11:00 – 13:00	Session 6: Summary of outcomes and next steps for MLMI
13:00 – 15:00	Lunch, socialization, and free time
15:00 – 19:00	Experiential Learning Activities - Traditional Greek dance lesson, Mediterranean cooking Lesson
20:00	Farewell Dinner and Leria night (music and dance)