

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

“Defining the Traditional Mediterranean Lifestyle Medicine”

June 9 - 11, 2023 - Leros, Greece

TASK GROUPS / FACILITATORS

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- 1. Healthy eating – Catherine Itsiopoulos MPH PhD APD**
VP, Mediterranean Lifestyle Medicine Institute
Dean, School of Health and Biomedical Sciences
Professor of Nutrition and Dietetics, RMIT University, Melbourne, Australia
- 2. Physical activity – Labros Sidossis, PhD**
President, Mediterranean Lifestyle Medicine Institute
Distinguished Professor, Department of Kinesiology and Health and Department of
Medicine, Robert Wood Johnson Medical School, Rutgers University, NJ, USA
- 3. Sleep Hygiene – Dr Sam Manger, MBBS BSc FRACGP FASLM**
President; Australasian Society of Lifestyle Medicine Limited
General Practitioner; Ochre Medical Services
GP Special Interest/Senior Medical Officer: Mental Health Services, Queensland
Health, Academic Lead/Senior Lecturer; Master of Lifestyle Medicine, James Cook
University College of Medicine and Dentistry
- 4. Minimising Harmful Substances – Stefania Ubaldi, M.D., PhD**
President of the Swiss Society of Lifestyle Medicine, Past President, European
Lifestyle Medicine Organization, Geneva, Switzerland
- 5. Healthy Relationships – Dr Rob Lawson FRCGP, Dip BSLM/IBLM**
VP, Mediterranean Lifestyle Medicine Institute
Chair, British Society Lifestyle Medicine
President, European LM Council, Scotland, UK
- 6. Mental Wellbeing - George P. Chrousos, MD, MACP, MACE, FRCP**
Professor of Pediatrics and Endocrinology Emeritus,
Holder, UNESCO Chair on Adolescent Health Care,
Director, University Research Institute of Maternal and Child Health and Precision
Medicine, National and Kapodistrian University of Athens, Medical School, Greece