



**Mediterranean Lifestyle Medicine Institute**  
**1<sup>st</sup> International Conference**  
***“Defining the Traditional Mediterranean Lifestyle Medicine:  
A Distillation of Evidence – Its Future Explored”***

**June 9 - 11, 2023 - Leros, Greece**

## **COST**

**1. MLMI members:**

- a. 620 EUROS (double occupancy)
- b. 760 EUROS (single occupancy)

**2. Non members:**

- a. 710 EUROS (double occupancy)
- b. 850 EUROS (single occupancy)

**3. Accompanying persons:**

- a. 520 EUROS (double occupancy)
- b. 660 EUROS (single occupancy)

\*\*\* The above costs cover:

- 1) Attendance to the conference (not for accompanying persons)
- 2) Four (4) nights at the hotel Crithoni's Paradise (4\*)
- 3) Welcome and farewell dinners
- 4) Daily lunches
- 5) Coffee breaks
- 6) Transport within Leros
- 7) Experiential activities
  - a. Visit the Cazerma of Herbs followed by the Leros Military History Tour (June 9<sup>th</sup>),
  - b. Cruise to the nearby majestic islands of Arkoi, Leipsoi, Marathi, and Aspronisia by boat (June 10<sup>th</sup>)
  - c. Traditional Greek dance lesson and Mediterranean cooking workshop, followed by Farewell Dinner and Lirian night (with music and dance) (June 11<sup>th</sup>)