

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

“Defining the Traditional Mediterranean Lifestyle Medicine:

A distillation of the evidence. Its future explored.”

June 9 - 11, 2023 - Leros, Greece

TASK GROUPS / FACILITATORS

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1. Healthy eating & Minimising Harmful Substances - Prof. 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 / Movement Patterns – Prof. 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 – Prof. Russell Conduit, PhD

Associate Professor, School of Health & Biomedical Sciences , College of STEM, RMIT University, PO Box 71, Bundoora, Vic. 3083, Australia

4. Healthy Relationships/Social Connectedness/Purpose in Life - Dr Rob Lawson FRCGP, Dip BSLM/IBLM

VP, Mediterranean Lifestyle Medicine Institute
Chair, British Society Lifestyle Medicine
President, European LM Council, Scotland, UK

5. Stress - Mental Wellbeing - Prof. Barbora de Courten, MD PhD FRACP MPH ExecMBA

Associate Dean & Professor of Medicine, Health & Biomedical Sciences, STEM College, RMIT University Melbourne, VIC 3000, Australia