



Mediterranean Lifestyle Medicine Institute

2nd International Conference

“Exploring the health effects of the traditional Mediterranean Lifestyle:

What is known and what needs to be done”

June 5 - 8, 2024 - Leros, Greece

COST

1. MLMI members:

- a. 840 EUROS (double occupancy)
- b. 990 EUROS (single occupancy)

2. Non members:

- a. 930 EUROS (double occupancy)
- b. 1080 EUROS (single occupancy)

3. Accompanying persons:

- a. 740 EUROS (double occupancy)
- b. 890 EUROS (single occupancy)

*** The above costs cover:

- 1) Attendance to the conference (not for accompanying persons)
- 2) Five (5) 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. Cazerma of Herbs
 - b. Cruise to the nearby majestic islands of Arkoi, Leipsoi, Marathi, and Aspronisia by boat
 - c. Traditional Mediterranean cooking workshop, followed by Farewell Dinner and Lirian night (with music and dance)