

**Mediterranean Lifestyle Medicine Institute
2nd International Symposium**

***“Exploring the health effects of the traditional Mediterranean Lifestyle:
What is known and what needs to be done”***

June 5 - 8, 2024 - Leros, Greece

Tentative Program

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

June 4th Tuesday

Evening informal reception (Crithoni’s Paradise Hotel)

**June 5th
Wednesday**

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 – 16:00

Lunch - Socialization - Siesta

16:00 – 19:00

Experiential Learning Activities – Island Tour – Intro to Leros History

20:00

Welcome Dinner

June 6th Thursday

08:30 – 11:00

Experiential Learning Activities - Visit the Cazerma of Herbs, a visitable farm created with great love by the Social Cooperative Ltd. of the Dodecanese Mental Health Sector in an area of extreme natural beauty on the island of Leros - <https://caserma.gr/en/home-english/>

11:30 – 14:00

Session 3:

- i) Delivering task groups 4 - 5 outcomes and discussion
- ii) Putting everything together: From the individual Med pillars to a holistic health approach – Med Lifestyle

14:30 –

Lunch - Socialization – Siesta - Free afternoon

June 7th Friday

09:00 – 11:00	Session 4: Traditional Mediterranean Lifestyle: Its global application
11:00 – 11:30	Coffee Break
11:30 - 13:30	Session 5: Publications updates and plans
14:00 – 19:30	Experiential Learning Activities - Visit the nearby small islands (Arkoi, Leipsoi, Marathi, Aspronisia) by boat

June 8th Saturday

08:30 – 10.30	Session 6: Summary of outcomes and next steps for MLMI
10.30– 11.00	Coffee Break
11:00 – 13:00	Special session: Meet the elderly Lerians – Learn from experience
13:00 – 15:00	Lunch - Socialization – Siesta
15:00 – 17:00	Experiential Learning Activities - Traditional Greek cheese making – Olive oil tasting workshop
17:00 – 20:00	Free afternoon
20:00	Farewell Dinner and Lorian night (music and dance)