



MEDITERRANEAN  
LIFESTYLE  
MEDICINE  
INSTITUTE  
LEROS ISLAND GREECE

## 3rd International Symposium “Traditional Mediterranean Lifestyle: Health Effects and Longevity”

---

**11-15 June 2025, Leros**

Date/Time	Activity	Location
<b>Tuesday, June 10</b> 15:00 - 19:00	Registration & Material Collection	Crithoni's Paradise Hotel (CPH)
20:00	Informal Reception (drinks and snacks)	CPH Pool Area
<b>Wednesday, June 11</b> 07:00	Early Morning Rise - Recreational Activities (optional)	Various
07:00 - 09:00	Breakfast	Hotel Dining Room
09:00	Welcome and Introductions	CPH Conference Room
09:30	SLR - Effect of Mediterranean Diet on Health	CPH Conference Room
10:45	Coffee Break	CPH Conference Room
11:00	SLR - Effect of Physical Activity on Health	CPH Conference Room
12:15	Short Presentations (max 8)	Garden
13:30	Lunch (provided)	Location TBC
15:00	Siesta	Anywhere comfortable!
17:00 - 19:00	*Optional* Guided Tour of Leros (by bus)	Bus/ Island
20:00	Joint Welcome Reception & Dinner	Casa Sidossis
<b>Thursday, June 12</b> 07:00	Early Morning Rise - Recreational Activities (optional)	Various
07:00 - 09:00	Breakfast	Hotel Dining Room
09:00	Outdoor Lifestyle Activities	Sea or Land
	Option #1: Small Islands Tour (Aspronisia, Lipsi, Arkioi) - 5 hours	
	Option #2: TBD	
Evening	Free Time	You choose!

<b>Friday, June 13</b> 07:00	Early Morning Rise - Recreational Activities (optional)	Various
07:00 - 09:00	Breakfast	Hotel Dining Room
09:00	SLR - Effects of Traditional Mediterranean Sleep Patterns on Health	CPH Conference Room
10:15	SLR - Effect of Mediterranean Stress Management on Health	CPH Conference Room
11:30	Coffee Break	Garden
11:45	Short Presentations (max 8)	Garden
13:30	Lunch	Location TBC
15:00	Siesta	Anywhere comfortable!
17:00	Keynote Speaker	CPH Conference Room
18:00	Certification Program	CPH Conference room
19:00	Coffee Break	Garden
19:30	General Assembly Meeting & Plans for 2025-2026	Garden
21:00	Dinner	Location TBC
<b>Saturday, June 14</b> 07:00	Early Morning Rise - Recreational Activities (optional)	Various
07:00 - 09:00	Breakfast	Hotel Dining Room
09:00	-*Caserma of Herbs* - Guided Tour of Medicinal Plants	Caserma of Herbs
11:00	SLR - Health Effects of Mediterranean Social Connectedness	CPH Conference Room
12:15	SLR - Health Effects of alcohol and tobacco in traditional Mediterranean lifestyle	CPH Conference Room
13:30	Lunch	Location TBC
15:00	Siesta & Rest	Anywhere comfortable
17:00	Keynote Speaker	CPH Conference Room
18:00	MCDN Grant Application	CPH Conference Room
20:00	Farewell Dinner with Closing Fiesta	Taverna Mavrakis
<b>Sunday, June 15</b> 07:00 - 09:00	Breakfast	Hotel Dining Room
	Departure for Airport or Harbor	Hotel Carpark