



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

**11-15 June 2025, Leros Island, Dodecanese, Greece**

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 (L. Sidossis) <i>Chairs: E. Soultanakis – S. Mathews</i>	CPH Conference Room
09:30	SLR - Effect of Mediterranean Diet on Health (Presenter from the Med Diet Pillar) <i>Chair: C. Figueroa</i>	CPH Conference Room
10:45	Coffee Break	CPH Conference Room
11:00	SLR - Effect of Physical Activity on Health (Presenter from the Phys Activity Pillar) <i>Chair: O. Kolokotroni</i>	CPH Conference Room
12:15	Short Presentations (max 10 min) Ourania Kolokotroni, Fay Karpouzis, Eleni Soultanakis, Audience members <i>Chair: C. Itsiopoulos</i>	CPH Conference Room / Garden
13:30	Lunch	Stis Anna's
15:00	Siesta	Anywhere comfortable!
18:00 - 19:00	Keynote Lecture “Do we have free will? The Illusion of Health Choices.” Labros Sidossis <i>Chair: R. Lawson</i>	CPH Conference Room
20:00	MLMI & Rutgers Study Abroad Joint Welcome Reception & Dinner	Casa Aloni (Sidossis' residence)



<b>Thursday, June 12</b>	Early Morning Rise - Recreational Activities (optional)	Various
07:00		
07:00 - 09:00	<a href="#">Breakfast</a>	<a href="#">Hotel Dining Room</a>
08:00	Outdoor Lifestyle Activities	Sea or Land
	Option #1: Patmos Islands Tour (Guided Tour Monastery of Saint John the Theologian, the Cave of the Apocalypse, and the charming village of Chora) - Return to Leros ~ 16:30	<a href="#">Lunch at Skala Patmos</a>
	Option #2: Guided Tour of Leros + Lunch at Bakaliko (Bus – 3 Hrs)	Lunch “Bakaliko” Leros
<a href="#">Evening</a>	<a href="#">Free Time</a>	<a href="#">You choose!</a>
<b>Friday, June 13</b>	Early Morning Rise - Recreational Activities (optional)	Various
07:00		
08:00	-*Caserma of Herbs* - <a href="#">Breakfast</a> - Guided Tour of Medicinal Plants	Caserma of Herbs (transfer by bus)
11:00	SLR - Health Effects of Mediterranean Social Connectedness (Presenter from the Social Connectedness Pillar) <i>Chair: A. Narynyk</i>	CPH Conference Room
12:15	SLR - Health Effects of alcohol and tobacco in traditional Mediterranean lifestyle (Presenter from the Substances Pillar) <i>Chair: P. Petraki</i>	CPH Conference Room
13:30	<a href="#">Lunch</a>	<a href="#">CPH restaurant</a>
15:00	<a href="#">Siesta &amp; Rest</a>	<a href="#">Anywhere comfortable</a>
18:00	Keynote Speaker “Hermes, Philotes, Demeter, Ponos, Hypnos and Dionysus. What in the World!” Rob Lawson + moderated Panel discussion <i>Chairs- Moderators: E. Soultanakis – S. Mathews</i>	CPH Conference Room
<a href="#">Evening</a>	<a href="#">Free Time</a>	<a href="#">You choose!</a>
<b>Saturday, June 14</b>	Early Morning Rise - Recreational Activities (optional)	Various
07:00		
07:00 - 09:00	<a href="#">Breakfast</a>	<a href="#">Hotel Dining Room</a>
09:00	SLR - Effects of Traditional Mediterranean Sleep Patterns on	CPH Conference Room



	Health (Presenter from the Sleep Pillar) <i>Chair: R. Bird</i>	
10:15	SLR - Effect of Mediterranean Stress Management on Health (Presenter from the Stress Pillar) <i>Chair: D. Koutsouki</i>	CPH Conference Room
11:30	Coffee Break	Garden
11:45	Short Presentations (max 10 min) Simon Mathews, Nesrain Alhamedi, Audience <i>Chair: S. Xenos</i>	CPH Conference Room / Garden
13:30	Lunch	Aloni Restaurant
16:00	Certification Program <i>Chair: C. Itsiopoulos</i>	Aloni Restaurant
16:30	General Assembly Meeting & Plans for 2025-2026 <i>Chairs: C. Itsiopoulos, R. Lawson, L. Sidossis</i>	Aloni Restaurant
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