

4th MLMI International Symposium

Mediterranean Lifestyle for Health: Empowering Clinicians and Communities

10-13 June 2026, Crithoni's Paradise Hotel, Leros Island, Greece

PROGRAM (Tentative)

June 9		
Time	Location	Activity
17:00 - 19:00	Registration & Material Collection	Crithoni's Paradise Hotel
20:00	Informal Reception (drinks and snacks)	Hotel Pool Area
June 10		
Time	Location	Activity
07:00	Early Morning Rise - Recreational Activities (optional) 30 min exercise/meditation/yoga by the pool and then early morning swim	Various
07:00 - 09:00	Breakfast	Hotel Dining Room
09:00	Garden Dialogues: Welcome and Introductions	Garden
10:00	Keynote: Implementation of MLM beyond the Mediterranean (30 mins)	Hotel Conference Room
10:40	Coffee Break	Garden
11:00	Oral presentations , selected from submitted abstracts	Hotel Conference Room
13:30	Lunch	TBD
15:00	Siesta	Anywhere comfortable!
17:00-19:00	Pillars Update Presentations	Hotel Conference Room
20:00	Welcome Reception & Dinner	Casa Aloni



	June 11	
Time	Location	Activity
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: Trip to Kos or another nearby island(s) (Contingent upon ferry service and weather conditions) Option 2: Caserma of Herbs Guided Tour of Medicinal Plants and trip of Leros	Various
Evening	Free	



	June 12	
Time	Location	Activity
	BE A LERIAN FOR A DAY (BaL) Whole Day	Various
07:00 - 08:00	BaL 1 - Early morning rise Breakfast - traditional breakfast at the hotel (trahanas, tiganites, etc)	Hotel Dining Room
08:15	BaL 2 - Harvest Organic farm: light work on the farm and then picking vegetables for the cooking session and dinner	Local Organic Farm
10:00	BaL 3 - Bake and Cook Cooking workshop: traditional Mediterranean recipes (bread, turlou, soft cheese, gemista, tzatziki, kontosouvli).	Casa Aloni
12:00	BaL 4 - Learn Culinary medicine workshop: olives and olive oil	Casa Aloni
13:30	BaL 5 - Eat Light Walk to Crithoni beach/swim/a light lunch	Stis Anna's (vegan and pescatarian dishes)
15:00	BaL 6 - Rest and Relax	Anywhere comfortable
16:00	BaL 7- Move with Joy Traditional dance and dress workshop.	Casa Aloni
18:00	BaL 8 - Connect with Food Traditional Festive Dinner after finalizing cooking (wood oven, barbecue, etc)	Casa Aloni
20:00	BaL 9 - Celebrate - Panigyri The day will end with a panigyri, with live traditional music and practicing our dance moves	Casa Aloni
Sometime around midnight	BaL 10 - Rest sleep	



	June 13	
Time	Location	Activity
07:00	Early Morning Rise: Recreational Activities (optional)	Various
07:00 - 09:00	Breakfast	Hotel Dining Room
09:00	Garden dialogues Philosophy of Mediterranean Lifestyle: Linking the past with the future	Garden
10:00	Oral presentations , selected from submitted abstracts	Hotel Conference Room
11:30	Coffee Break	Garden
12:00	General Assembly Meeting & Plans for 2026-2027	Hotel Conference Room
14:00	Lunch	
15:00	Siesta	Anywhere comfortable!
18:00	Free Afternoon	
20:00	Farewell Reception	Harris Bar (Windmills)
	June 14	
Time	Location	Activity
07:00 - 09:00	Breakfast	Hotel Dining Room
	Departure for Airport or Harbor	