



## 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	Activity	Location
17:00 - 19:00	Registration & Material Collection	Crithoni's Paradise Hotel
20:00	Informal Reception (drinks and snacks)	Hotel Pool Area
June 10		
Time	Activity	Location
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	<b>Garden Dialogues:</b> Welcome and Introductions	Garden
10:00	<b>Keynote:</b> Implementation of MLM beyond the Mediterranean (30 mins)	Hotel Conference Room
10:40	Coffee Break	Garden
11:00	<b>Oral presentations</b> , selected from submitted abstracts	Hotel Conference Room
13:30	Lunch	TBD
15:00	Siesta	Anywhere comfortable!
17:00-19:00	<b>Pillars Update Presentations</b>	Hotel Conference Room
20:00	<b>Welcome Reception &amp; Dinner</b>	Casa Aloni



	June 11		
Time	Activity	Location	
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	
	<b>Option 1:</b> Trip to Kos or another nearby island(s) (Contingent upon ferry service and weather conditions)  <b>Option 2:</b> Caserma of Herbs Guided Tour of Medicinal Plants and trip of Leros	Various	
Evening	Free		



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



<b>June 13</b>		
<b>Time</b>	<b>Activity</b>	<b>Location</b>
07:00	Early Morning Rise: Recreational Activities (optional)	Various
07:00 - 09:00	Breakfast	Hotel Dining Room
09:00	<b>Garden dialogues</b> Philosophy of Mediterranean Lifestyle: Linking the past with the future	Garden
10:00	<b>Oral presentations</b> , 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	<b>Free Afternoon</b>	
20:00	Farewell Reception	Harris Bar (Windmills)
<b>June 14</b>		
<b>Time</b>	<b>Activity</b>	<b>Location</b>
07:00 - 09:00	Breakfast	Hotel Dining Room
	Departure for Airport or Harbor	