

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	Garden Dialogues: Welcome and Introductions	Garden
10:00	Implementation of MLM beyond the Mediterranean (30 mins) Speaker: Catherine Itsopoulos Panelists: Pillar leads presentations on ML implementation and certification (60 mins) (JOINED SESSION WITH RUTGERS STUDENTS)	Hotel Conference Room
11:30	Coffee Break	Garden
11:45	Break out session Breaking down into one group per pillar (joint groups of students and faculty) to discuss the implementation of ML, challenges and opportunities. Pillar leads as facilitators and rapporteurs (45 mins) Reporting back to group (30 mins)	Hotel Conference Room



13:00	Lunch	TBD
15:00	Siesta	Anywhere comfortable!
18:00 – 19:30	Keynote: Elena Volpi Professor, Department of Medicine, Division of Geriatrics, Gerontology & Palliative Medicine, San Antonio Medical School <i>“Mediterranean Lifestyle and Longevity”</i> (JOINED SESSION WITH RUTGERS STUDENTS)	
20:00	Welcome Reception & Dinner	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
	Option 1: Trip to Kalymnos 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	Depending on weather and availability of transport
Evening	Free	
June 12		
Time	Activity	Location
	BE A LERIAN FOR A DAY	Various
07:00 - 08:00	Early morning rise Breakfast - traditional breakfast at the hotel (trahanas, tiganites, etc)	Hotel Dining Room
08:15	Harvest Organic farm: light work on the farm and then picking vegetables for the cooking session and dinner	Local Organic Farm



10:00	Bake and Cook Cooking workshop: traditional Mediterranean recipes (bread, tourlou, soft cheese, gemista, tzatziki, kontosouvli).	Casa Aloni
12:00	Learn Culinary medicine workshop: olives and olive oil (Prokopios Magiatis, PhD, MSc , is an associate professor of Pharmacognosy and Natural Products Chemistry in the Faculty of Pharmacy of the University of Athens and General Secretary, World Olive Center for Health. Eleni Mellou, PhD , University of Athens (UOA) School of Pharmacy, Laboratory of Pharmacognosy and Chemistry of Natural Products, and President, World Olive Center for Health Dan Flynn , Emeritus Director, UC Davis Olive Center)	Casa Aloni
13:30	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	Move with Joy Traditional dance and dress workshop.	Casa Aloni
18:00	Connect with Food Traditional Festive Dinner after finalizing cooking (wood oven, barbecue, etc)	Casa Aloni
20:00	Celebrate - Panigyri The day will end with a panigyri, with live traditional music and practicing our dance moves	Casa Aloni
Sometime around midnight	Rest sleep	
	June 13	
Time	Activity	Location
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	TBD
15:00	Siesta	Anywhere comfortable!
18:00	Oral presentations , selected from submitted abstracts	Hotel Conference Room
20:00	Farewell Reception	Harris Bar (Windmills)
June 14		
Time	Activity	Location
07:00 - 09:00	Breakfast	Hotel Dining Room
	Departure for Airport or Harbor	