

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 - C (30 mins) Speaker: Catherine Itsiopoulos Panelists: Pillar leads presentations on ML implementation and certification (60 mins)	Hotel Conference Room
11:30	Coffee Break	Garden
11:45	Break out session Breaking out into one group per pillar (joint groups of students and faculty) to discuss the implementation of ML, challenges and opportunities.	Hotel Conference Room



	Pillar leads as facilitators and rapporteurs (45 mins) Reporting back to group (30 mins)	
13:00	Lunch	"Stis Anna's" Pescetarian Restaurant
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>	
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 and nearby islands. (Contingent upon ferry service and weather conditions) Option 2: Tour of the island (Castle, Caserma of Herbs, War Museum)	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
13:00	Rest and Relax	Anywhere comfortable
17:00	Learn <i>Culinary Medicine Workshop: Olives and Olive oil</i> <ul style="list-style-type: none"> • Prokopios Magiatis, PhD, MSc, Associate Professor of Pharmacognosy and Natural Products, University of Athens, General Secretary, World Olive Center for Health. • Eleni Melliou, PhD, University of Athens School of Pharmacy, President, World Olive Center for Health • Dan Flynn, Emeritus Director, UC Davis Olive Center 	Casa Aloni
18:00	Move with Joy Traditional dance and dress workshop.	Casa Aloni
19:00	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
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	"Psaropoula" Fish Restaurant
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	