

## 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)  Body in Motion- Movement Flow part 1 (Eleni Soultanakis)  Tai chi (Urszula Bunting)	By the Pool  Hotel Garden
07:00 - 09:00	Breakfast	Hotel Dining Room
09:00	<b>Garden Dialogues:</b> Welcome and Introductions	Garden
10:00	Implementation of MLM beyond the Mediterranean - (30 mins) Speaker: Catherine Itsiopoulos Panelists: Pillar leads presentations on ML implementation and certification (60 mins)  <b>(JOINED SESSION WITH RUTGERS STUDENTS AND LEROS YOUTH)</b>	Hotel Conference Room
11:30	Coffee Break	Garden
11:45	<b>Break out session</b> Breaking out into one group per pillar (joint groups of students and faculty) to discuss the	Hotel Conference Room



	implementation of ML, challenges and opportunities. Pillar leads as facilitators and rapporteurs (45 mins) <b>Reporting back to group (30 mins)</b>	
13:00	Lunch	"Stis Anna's" Pescetarian Restaurant
15:00	Siesta	Anywhere comfortable!
18:00 – 19:30	<b>Keynote: Elena Volpi</b> Professor and Director Barshop Institute for Longevity and Aging Studies University of Texas at San Antonio_ <i>"Mediterranean Lifestyle and Longevity"</i> <b>(JOINED SESSION WITH RUTGERS STUDENTS)</b>	
20:00	<b>Welcome Reception &amp; Dinner</b>	Casa Aloni

<b>June 11</b>		
<b>Time</b>	<b>Activity</b>	<b>Location</b>
07:00	Early Morning Rise - Recreational Activities (optional)  Body in Motion- Movement Flow part 1 (Eleni Soultanakis)  Gentle Yoga (Urszula Bunting)	By the Pool  On the Beach
07:00 - 09:00	Breakfast	Hotel Dining Room
09:00	Outdoor Lifestyle Activities	Sea or Land
	<b>Option 1:</b> Trip to Lipsi. (Contingent upon weather conditions) - <b>Panagia tou Charou</b> ( <a href="https://www.aegeanislands.gr/pois/leipsoi-panagia-tou-charou-en/">https://www.aegeanislands.gr/pois/leipsoi-panagia-tou-charou-en/</a> ) - Wine Tasting ( <a href="https://nicogrylliwinery.com">https://nicogrylliwinery.com</a> ) - Platis Gialos for swimming and lunch  <b>Option 2:</b> Tour of the island (Castle, Caserma of Herbs, war meseum)	Depending on weather and availability of transport
Evening	Free	
<b>June 12</b>		



Time	Activity	Location
07:00 - 08:00	<b>Early morning rise</b> Breakfast - traditional breakfast at the hotel (trahanas, tiganites, etc)	Hotel Dining Room
08:15	<b>Organic Farm Visit</b> 1. Sustainable Agriculture & Soil Health <ul style="list-style-type: none"> <li>No-till farming, cover cropping, and composting to build healthy soil without synthetic fertilizers.</li> <li>Carbon-to-nitrogen balance, soil structure, and natural fertilizer production from farm waste.</li> </ul> 2. Crop Cultivation & Pest Management <ul style="list-style-type: none"> <li>Heirloom seed planting and companion planting for natural pest control.</li> <li>Crop rotation, integrated pest management, manual weeding, and efficient irrigation practices.</li> </ul>	Local Organic Farm
10:30	Update and Future Plans for the Development of the Mediterranean Lifestyle Medicine Certification and Book	Hotel Conference Room
12:00	<b>Rest and Relax</b>	Anywhere comfortable
18:00	<b>Learn</b> Culinary medicine workshop: olives and olive oil <b>(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.</b> <b>Eleni Melliou, PhD, University of Athens (UOA) School of Pharmacy, Laboratory of Pharmacognosy and Chemistry of Natural Products, and President, World Olive Center for Health</b> <b>Dan Flynn, Emeritus Director, UC Davis Olive Center)</b>	Casa Aloni
19:30	<b>Visit the fish village of Panteli</b> Tour and dinner	Panteli "Psaropoula" Fish Restaurant
<b>June 13</b>		
Time	Activity	Location
07:00	Early Morning Rise: Recreational Activities (optional)  Gentle yoga (Urszula Bunting)	



	The Trouble with Sitting (Rob Bird)	On the Beach By the Pool
07:00 - 09:00	Breakfast	Hotel Dining Room
09:00	<b>Garden dialogues</b> Philosophy of Mediterranean Lifestyle: Linking the past with the future	Leros Patriarchate
10:00	<b>Oral presentations</b> , selected from submitted abstracts	Leros Patriarchate
11:30	Coffee Break	Garden - Leros Patriarchate
12:00	General Assembly Meeting & Plans for 2026-2027	Leros Patriarchate
14:00	Lunch	Crithoni's Restaurant
15:00	Siesta	Anywhere comfortable!
17:00	<b>Oral presentations</b> , selected from submitted abstracts	Leros Patriarchate
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	