5th MLMI INTERNATIONAL SYMPOSIUM

Mediterranean Lifestyle Medicine for Health

Building a Healthy Living Environment

9–12 June 2027 • Leros Island, Greece

Arrival: 8 June | Departure: 13 June

TENTATIVE PROGRAMME

Subject to change due to weather conditions and venue availability

TUESDAY 8 JUNE 2027 | ARRIVAL

TIME	ACTIVITY
20:00	**Arrival and Registration** Collection of symposium materials, followed by an informal reception with drinks and snacks.

WEDNESDAY 9 JUNE 2027 | DAY 1

TIME	ACTIVITY
07:00	**Optional Morning Activities** Gentle mobility, stretching, or a garden walk.
07:00–09:00	**Breakfast**
09:00–10:00	**Welcome and Introductions**
10:00–11:30	**Six Pillars in Practicew** Six 10-minute updates from pillar leads on education, research, and publication progress.
11:30–12:00	**Coffee Break and Workshop Groups** Meet your pillar group and facilitator.
12:00–13:30	**Rutgers Student Workshop: Redesigning a Daily Routine** 12:00–12:30 Choose a daily habit. Identify barriers and supports in the surrounding environment, and propose one practical change. 12:30–13:00 Six student representatives deliver five-minute reports. 13:00–13:30 Closing discussion connecting the six proposals.
13:30	**Lunch**
15:00	**Siesta**

18:00–19:30	**Keynote Address: Professor Koen Steemers (TBC)** University of Cambridge, School of Architecture How Architecture and Urban Design Can Shape Human Behavior, Influence Health, and Create Environments That Naturally Encourage Healthier Living
20:00	**Welcome Reception and Dinner**

THURSDAY 10 JUNE 2027 | DAY 2

TIME	ACTIVITY
07:00	**Optional Morning Activities** Gentle mobility or a beach walk.
07:00–10:00	**Breakfast**
10:00	**Outdoor Lifestyle Activities** Option 1: Speedboat excursion to Kalymnos Island, including a guided tour connecting history with contemporary lifestyle, swimming, and lunch. Option 2: Guided Leros island tour featuring the Castle, Italian Naval Base/former psychiatric hospital, Caserma of Herbs, and War Museum, followed by lunch. Activities are weather permitting.
Evening	**Free Evening**

FRIDAY 11 JUNE 2027 | DAY 3

TIME	ACTIVITY
07:00–08:00	**Traditional Breakfast** Trahanas, tiganites, and other local foods.
08:15–10:30	**Oral Presentations I** Selected abstracts on the MLMI pillars and healthy living environments. See the call for abstracts.
10:30–11:00	**Coffee Break**

11:00–11:30	**Mediterranean Lifestyle Medicine Certification and Handbook** Progress update and future plans for the certification programme and Handbook of Mediterranean Lifestyle Medicine.
11:30–13:00	**Oral Presentations II** Further presentations from the abstract call. Topics and speaking times will be confirmed after review.
From 13:00	**Lunch at Leisure and Relaxation**
18:00	**Scenic Island Tour**
19:30	**Visit to the Fishing Village of Panteli** Walking tour and dinner, highlighting food culture, conviviality, and community life.

SATURDAY 12 JUNE 2027 | DAY 4

TIME	ACTIVITY
07:00	**Optional Morning Activities** Beach walk, mobility, or stretching.
07:00–09:00	**Breakfast**
09:00–10:30	**Keynote Lecture (Speaker TBC)**
10:30–11:00	**Coffee Break**
11:00–12:00	**Research Updates** Current projects, emerging topics, and future plans. Ten-minute contributions by prior arrangement; contact the organisers to request a speaking slot.
12:00–13:30	**Funding Opportunities and Grant Applications** Session details to be confirmed.
14:00	**Lunch**
15:00	**Siesta**
18:00	**General Assembly Meeting** Plans for 2027–2028 and beyond.
20:00	**Farewell Reception**

SUNDAY 13 JUNE 2027 | DEPARTURE

TIME	ACTIVITY
07:00–09:00	**Breakfast**
As scheduled	**Departures** Airport and harbour transfers according to individual travel arrangements.

IKARIA SATELLITE CONFERENCE | 13–18 JUNE 2027

Participants continuing to Ikaria should confirm their onward travel separately.

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