LIFESTYLE MEDICINE HEALTH & WELLBEING WORKSHOP



Ikaria, Greece
18-23 June 2027

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Why Ikaria?

Why did I pick Ikaria for my Lifestyle Medicine workshop?

Let me share my reasons with you…

Ikaria is one of the world's *'Blue Zones'*. People live active, meaningful lives, often into their 90s and beyond.

Ikaria is a living example where natural living has inspired evidence-based Lifestyle Medicine.

The Ikarian way of life encompasses plant-based Mediterranean cuisine, purposeful movement, strong social connections, stress reduction with joyful daily living.

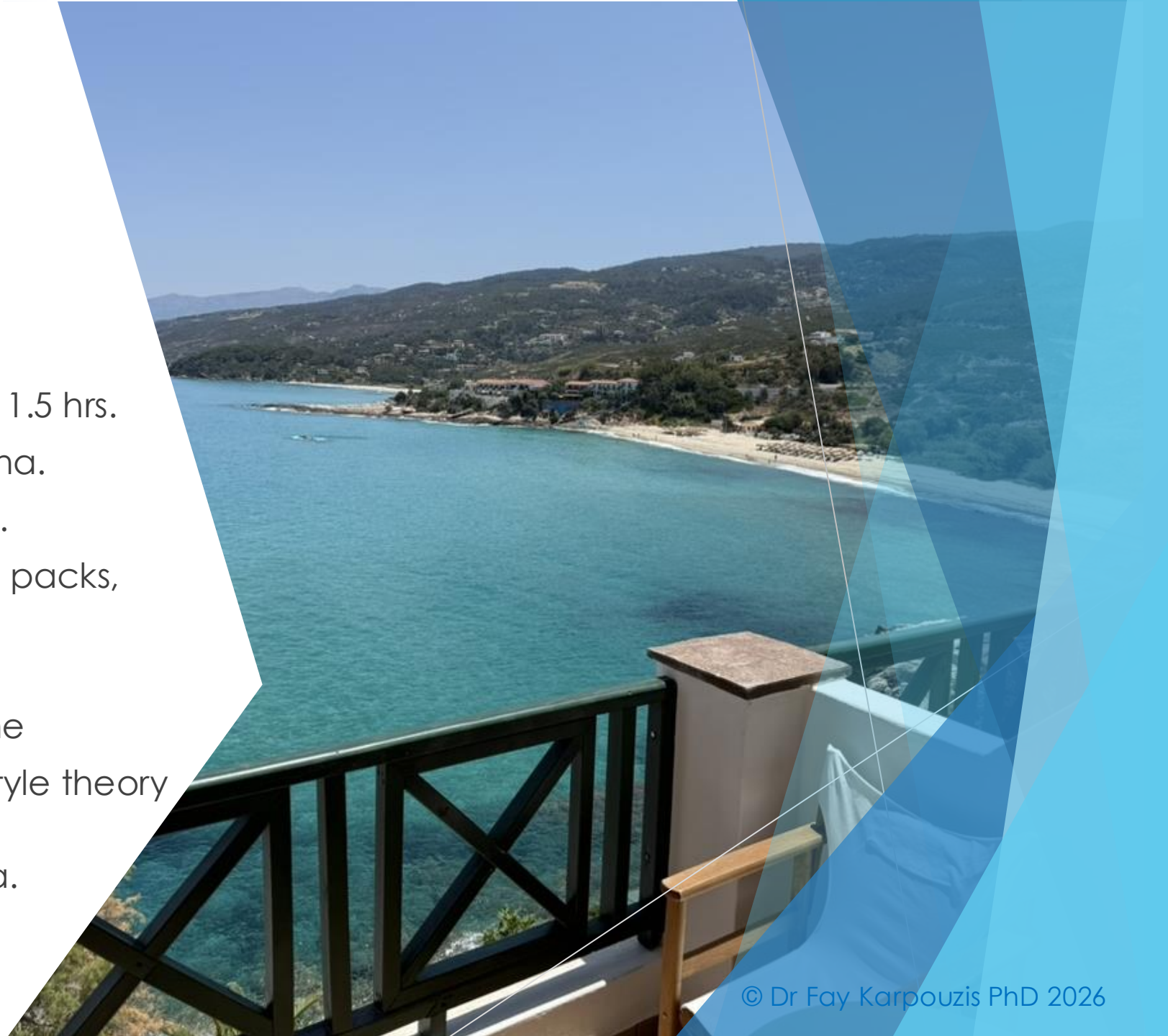
Holding this workshop here, allows all of us, to not only learn about the research that backs this lifestyle, but to experience it first-hand. By immersing ourselves into the culture, the food, the people and the natural environment, we will be living *'Lifestyle Medicine'*.

Come join me in this amazing experience on this beautiful island, situated amongst the crystal blue waters of the Aegean Sea.



Day 1:
Fri 18 June

- Arrive at JIK airport (am arrival)
- Travel airport to hotel - approx. 1.5 hrs.
- 1:00 pm Lunch at a local taverna.
- 2:00 - 3:00 pm Check into hotel.
- 4:00 - 5:00 pm Register, get info packs, introductions.
  - Terrace hotel.
- 5:00 - 6:00 pm Informal welcome
- Introduction to MSK & LM- Lifestyle theory and experiential workshop.
- 7:00 pm Dinner at local taverna.



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Day 2:
Sat 19 June

- 7:00 - 9:00 am Hotel breakfast
- 9:30 am -11:00 am Pillar 1: Nutrition
- 11:30 – 1:30 Cooking Classes
- 1:30-3:00 pm eating the food we cooked together
- 4:00 - 5:30 pm Pillar 2: Physical Activity
- 6:30 pm –Greek Dancing class.
- 8:00 pm Dinner at a local taverna.
- 10:00 pm return to hotel.



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Day 3:
Sun 20 June

- 7:00 - 8:30 am Hotel breakfast
- 9:00 am Leave hotel.
- Experiential day - Q&A on bus (1 hr).
- Discuss Nutrition & Physical Activity Pillar
- Travel to Seychelles beach swim, relax, connect with nature.
- 12:30 – 2:30 pm Lunch at a local taverna.
- 4:00 - 6:00 pm thermal springs.
- 7:00 pm Dinner at local tavern.
- 10:00 pm return to hotel.

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Day 4: Mon 21 June

- 7:00 - 8:30 am Hotel breakfast
- 9:30 -11:00 am Pillar 3: Sleep
- 11:30 - 2:00 free time, lunch, swim, siesta.
- 2:30 – 4:00 pm Pillar 4: Stress Management
- 4:30 pm Transport to traditional mountain village.
- 7:00 pm Dinner at a local taverna.
- 10:00 pm return to hotel.

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Day 5:
Tue 22 Jun

- 7:00 - 9:00 am Hotel breakfast
- 10:00 -11:00 pm Pillar 6: Substance abuse management
- 12:00 - 2:00 pm- Lunch Local Taverna.
- 2:30 – 4:00 Pillar 5: Social Connection
- 4:00 – 4:30 pm Reflection exercise for CPD (10.5 hrs CPD points)
- 4:30 - 6:00 pm free time, siesta, sleep, relax, swim
- 6:30 pm Farewell Dinner.

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Day 6:
Wed 23 June

- Departure day
- Early flights to Athens
- Transport leaves early for JIK airport (Time TBA)
- 1.5-hour drive to Airport
- Details TBA



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LEARNING OUTCOMES

- Musculoskeletal (MSK) Issues & Non-Communicable Disease (NCDs)
- The Role of Inflammation
- Nutritional Strategies for Managing MSK, NCDs & Inflammation
- Benefits of Physical Activity for MSK & NCDs
- Benefits of Sleep for MSK & NCDs
- Benefits of Stress Management for MSK & NCDs
- Benefits of Social Connection for MSK & NCDs
- Benefits of Substance Abuse Management for MSK & NCDs
- Easy, practical and many free strategies/tips/advice for you, your families and your patients
- Evidence-based
- Theory and experiential
- Continuing Professional Development – 10.5 hrs.

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➢ *Included in the cost:*

Transport to and from Ikaria airport (as a group);
Hotel accommodation with breakfast included;
Scheduled meals and group activities;
Transportation on the island for group activities.

Your expenses:

Flights between your home and Greece, as well to and from Ikaria, at your own expense.
Massages, gifts, shopping etc at your own expense.

- ***Cost:***
  - Double occupancy: ~1350 Euros each (+ fees for credit card)
  - Single occupancy: ~1875 Euros (+ fees for credit card)
- ***Payment Deadlines:***
  - *Deposit 500 Euros: December 1st, 2026*
  - *Remaining balance: March 1st, 2027*
- **Cancellation Policy:**
  - 90+ days prior to start date: full refund minus 500 Euro cancellation fee; 60 - 90 days prior to start date: refund of 50% of total cost; 30-59 days prior to start date: refund of 25% of total cost; 1 - 29 days prior to start date: subject to a one hundred percent (100%) cancellation fee of the total cost
  - **NB: Itinerary subject to change** depending on availability of activities and weather conditions.

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Thank you for your interest!

Only 12 spots available!

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