

Master of Science in Lifestyle Medicine, University of Thessaly, Greece
under the Auspices of European Lifestyle Medicine Organization

Opening Ceremony – Class 2024-2025

“2nd Scientific Symposium on Lifestyle Medicine”

Saturday 27th of January 2024

Agenda

1100 – 1200 CET	Registration* – light refreshment
1200 – 12:30 CET	Greeting and Welcome messages from the organizers
12:30 – 12:45 CET	The importance of Skeletal Muscle in quality of life and health - Prof. Christina Karatzaferi
12:45 – 13:00 CET	Evidence Based Practice: Why is important in health sciences? – Prof. George Metsios
13:00 – 13:15 CET	The baby in the orchestra – impacts of humans on climate and vice versa – Prof. Andreas Flouris
13:15 – 13:30 CET	Shift work as a risk factor for cardiovascular diseases – Prof. Giorgos Sakkas
13:30 – 14:30 CET	Key Note Lecture 1: Living longer but better following the lessons of the population living in the Longevity Blue Zones worldwide – Prof. Michel Poulain, Professor Emeritus UC Louvain (Belgium) and Senior Researcher at Tallinn University (Estonia)
14:30 – 15:00 CET	Key Note Lecture 2: Lifestyle Medicine: Hippocratic Roots, Epidemiologic Basis & Future Potential - Prof. Stefanos Kales, Harvard Medical School, USA
15:00 – 15:10 CET	Conclusions – Prof. Christina Karatzaferi

*Registration is free

This is a Hybrid Symposium – On line attendees can join via our website (www.mlm.edu.gr)