

Mediterranean Diet & Health

[Home](#)[About us](#)[Program](#)[Registration](#)[Our Sponsors](#)[Media](#)[Contact Us](#)[Follow Us](#)

Program Highlights

Scientific Program (final program subject to change)

*Cretan Lifestyle: Mediterranean Tradition & Modern Applications
Experiential Conference with American and Mediterranean Scholars*

Co-Organized by the Region of Crete with the World Olive Center for Health (WOC), WOC in collaboration with the Hellenic Center of Excellence for Health & Wellness

PROGRAM

7 – 12 November 2022

*Grecoetels Creta Palace & Caramel Boutique Resort
Rethymno, Crete, Greece*

Day 1 Arrival day Monday, November 7th

Transfers - 60 minutes drive to the hotel – transportation will be arranged c/w guest arrivals to accommodate guest transfers

Arrival to Grecoetel Caramel Boutique Resort

WOC/Hellenic Center Hospitality Desk

Pre registration – already done for Hotel and Conference

Arrival Experience

Fast Check in

Rooming

14:00 – 15:30 Light Lunch (depending on days' arrivals)

Rest time

Evening Welcome Program

19:00 – 22:30 Live Greek Music

19:00 – 20:00 Drink at the Panther Lobby Bar – Meet & Greet – complimentary Greek Wine & “Tsikoudia” (Cretan Grappa, the most characteristic local spirit)

20:00 – 22:30 Dinner, The Caramel Restaurant

Buffet style, Healthy Greek Cuisine & Wines

Guests of Honor (TBD)

21:00 – 23:30 Free time - optional drinks on your own- Lobby Bar Panther*

Day 2 Tuesday, November 8th

07:00 – 09:00 Buffet Breakfast -Enriched with Cretan goodies & healthy choices

Grab ‘n’ go coffee by the entrance

09:10 Bus departure to **Grecootel Creta Palace, Conference Center** (3.5 km, 5 min drive)

09:10–09:30 WOC/Hellenic Center Hospitality Desk -Registration-Check-in

09:30 – 13:05 **Conference Session**

09:30 – 09:50 Welcome Remarks & Conference Overview

- Dr. Kales- Hellenic Center- Guest-, Sponsor- & Organizer-recognition, Schedule Overview
- Dr. Melliou- WOC, Mr. Alexakis- Region of Crete, Mr. Kalaitzidakis- Grecootel

09:50 – Session 1: CRETE- from Past to Present

09:50 – 10:05 “The Olive tree and Olive Oil: their timeless qualities in Greece”

- Dr. Marneli Protopappa, Academy of Athens Research Director, Research Centre for Greek Philosophy

10:05 – 10:45 **KEYNOTE- “Eating Habits of Crete- from Past to Present”, Prof. Antonia Trichopoulou, Full Member of the Athens Academy**

10:45 – 11:15 “How Crete & the Seven Countries Study changed Nutrition Science in the US”

- Prof. Walter Willett, Harvard Chan School of Public Health (video-lecture)

11:15 – 11:45 *Coffee break with healthy Cretan Snacks, Creta Palace Village Square*
Coffee & snacks will be available throughout the sessions

11:45 – 12:05 “Orthodox Christian Fasting: Historical Origins, Theology and Practice”

- Dr. Konstantinos V. Zormpas, General Director, Orthodox Academy of Crete

12:05 – 12:30 “Orthodox Christian Fasting in Crete during the 7 Countries Study & Beneficial

- Health Associations” Dr. Nikolaos Rodopaos, University of Crete

12:30 – 12:50 “Hellenic Center for Excellence in Health & Wellness & Why Crete”

- Prof. Stefanos Kales, Harvard Medical School

12:50 – 13:05 “Grecotel: History, Overview/ Vision & Pioneering Role in the use of Local

- Products”, Mr. Demetrios Kalaitzidakis, Grecotel Operations

13:15 Bus Departure to Grecotel Caramel Boutique Resort

14:00 – 16:30 Light Lunch: Theme – “Get to know Cretan Specialty Products”

Mini- “Panegyri” (Festival) with Tasting Stations

- Wines of Crete
- Exclusive Cretan Olive Oils
- Cretan Cheese Cluster
- Cured meats
- Traditional Cretan Rusks (“Paximadia”)
- Honey Products
- Carob products
- Snails
- Mushrooms
- Herbal Teas

15:30 Arrival of Guests of Honor & Lifetime Achievement Award honoring Prof. Antonia Trichopoulou

16:30 – 19:45 Rest- Time on Your Own

19:45 “*Olivonomy*” – Extra Virgin Olive Oil Presentation & Tasting of the three main Cretan varieties. Ms. Eleftheria Germanaki – International Olive Oil Judge, *Highly experienced in olive oil organoleptic evaluation and in olive total quality*

20:30 Dinner with live Cretan Music, The Caramel Restaurant

- Theme: Buffet style, Healthy Cretan Cuisine with “Wines of Crete”

21:30 – 23:30 Free time – optional drinks on your own- Lobby Bar Panther*

¹ Local Holiday, “Holocaust of Arkadi”, Holy Monastery, Celebration ([European Symbol of Self Sacrifice for Freedom](#)) Parade in the city of Rethymnon, Official ceremony in the Holy Monastery of Arkadi

Day 3 Wednesday, November 9th

07:00 – 08:30 Buffet Breakfast Enriched with Cretan goodies & healthy choices

Grab ‘n’ go coffee by the entrance

08:45 – Bus departure to Grecotel Creta Palace, Conference Center

09:00 – 13:15 Conference Sessions

09:00 – 09:50 Session 2: Prevention of Dementia and Cognitive Decline

09:00 – 09:20 “Mediterranean Diet and Protection from Dementia/Cognitive Decline”

- Prof. Nikos Scarmeas, University of Athens

09:20 – 09:40 “Cognitive Outcomes in the PREDIMED/ PREDIMED–Plus Trials”

- Prof. Miguel Angel Martinez, University of Navarra

09:40 – 09:50 “Proceedings & Highlights from the A. G. Leventis Foundation Conference on the Prevention of Alzheimer’s Disease/Cognitive Decline with Diet & Lifestyle”

- Stefanos N. Kales MD, MPH, FACP, FACOEM, Harvard Chan School of Public Health

09:50 – 12:30 Session 3: Olive Oil, Olives & Other Phenols/Polyphenols

- Moderator: Prof. Apostolos Kiritsakis, Emeritus, International Hellenic University

09:50 – 10:10 “Olive Oil and CVD & Cancer Outcomes in the PREDIMED/ PREDIMED–Plus Trials”

- Prof. Ramon Estruch, University of Barcelona

10:10 – 10:30 “Olive Oil as a Medicine or Nutraceutical”

- Prof. Prokopis Magiatis, University of Athens

10:30 – 10:50 Coffee break with healthy Cretan Snacks, Creta Palace Village Square Coffee & snacks will be available throughout the sessions

10:50 – 11:10 “Extra Virgin Olive Oil: How do I know which Product to Buy for my family?”

- Dr. Eleni Melliou, University of Athens

11:10 – 11:30 “Yale Olive Institute”, Prof. Vasilis Vasiliou, Yale University

11:30 – 11:50 “Overview and Summary of the Vatican’s Pontifical Academy Conference: The Art & Science Of Olive Oil: Nutrition, Medicine & Planetary Health”

- Mr. Dan Flynn, University of California, UC Davis Olive Center

11:50 – 12:10 “Other Phenols in the Traditional Mediterranean Diet”

- Prof. Rosa Maria Lamuela, University of Barcelona

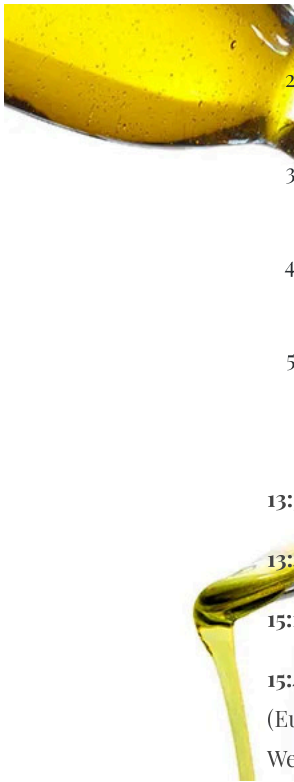
12:10 – 12:30 Coffee break with healthy Cretan Snacks, Creta Palace Village Square Coffee & snacks will be available throughout the sessions

12:30 – 13:15 Session 4: Young Investigators & Professionals Presentations

Four of Conference Faculty Judges have selected the top five abstracts for their presentation to all of our participants. Each oral presentation will be given 5 minutes, followed by brief questions from the faculty and audience. The panel of distinguished Faculty judges (Prof. Sotos-Prieto, Chair; Prof. Martinez, Prof. Scarmeas & Prof. Trichopoulou) will subsequently award the top 3 presenters with a monetary prize to be delivered post-conference.

1. Mediterranean lifestyle and metabolic syndrome among coronary heart disease patients in the CORDIOPREV study. Dr. Juan Luis Romero Cabrera, University of Córdoba, 14004





Córdoba, Spain.

2. Adherence to a Mediterranean lifestyle and frailty occurrence in older adults: the Seniors-ENRICA-1 cohort. Mr. Javier Maroto, Autonomous University of Madrid, Spain.
3. Adherence to different Mediterranean diet indices and breast cancer risk in a community-based cohort. Ms. Ioanna Yiannakou, Boston University, USA.
4. The Mediterranean Lifestyle and the Risk of Depression in Middle-Aged Adults. Dr. Maria Soledad Hershey, Harvard Chan School of Public Health, USA.
5. Deep lipidomics profiling captures the impact of improved dietary fat quality on cardiometabolic risk. Dr. Clemens Wittenbecher, Chalmers University of Technology, Sweden.

13:30 Bus Departure to Grecotel Caramel Boutique Resort

13:45 – 15:00 Light Lunch with Brief Presentation by Nestlé Professional

15:15 Bus departure to the Holy Monastery of Arkadi, 15 km, 30 min drive

15:45 Arrival at the Holy Monastery of Arkadi, “Holocaust of Arkadi”
(European Symbol of Self Sacrifice for Freedom)

Welcome by the Bishop of Rethymno, His Eminence Prodromos

Guided tour of the Monastery:

- The Church (*A Byzantine Chorus will sing*)
- The Ammunition Storage Room
- The Museum

17:45 Early Dinner featuring traditional monastic cuisine (based on Greek Orthodox fasting guidelines, it contains no meat and is completely plant-forward)

- Guests of Honor & Lifetime Achievement Award honoring Prof. Antonios Kafatos

19:30 Departure to Grecotel Caramel Boutique Resort

20:00 Arrival at Grecotel Caramel Boutique Resort

20:00 Free time – optional drinks on your own- Lobby Bar Panther*

(20.00 – 22.00 A la Carte dining and Room Service Available (20.00 – 23.00)*)

Day 4 Thursday, November 10th

07:00 – 08:30 Buffet Breakfast, Enriched with Cretan goodies & healthy choices

Grab ‘n’ go coffee by the entrance

08:45 Bus departure to Grecotel Creta Palace, Conference Center, 2 km, 5 min drive

09:00 – 13:00 Conference Sessions (Main Conference Hall & Breakout in Library Hall)

09:00 – 10:40 Session 5: Lifestyle Medicine & Medical Tourism (Main Hall)

09:00 – 09:20 “Mediterranean Lifestyle as the Gold Standard for Lifestyle Medicine”

- Prof. Stefanos Kales, Harvard Medical School

09:20 – 09:40 “Lifestyle Scores- from Epidemiology to the Clinic”

- Prof. Mercedes Sotos-Prieto, Autonomous University of Madrid

09:40 – 10:00 “Greece’s first Full-service Lifestyle Medicine Clinic: Comparison with the Standard of Care in Germany”, Dr. Kalliopi Kalaitzi, Euroclinic

10:00 – 10:20 “Current Landscape of Medical/Wellness Tourism in Greece”

- Prof. Konstantinos Kouskoukis, Hellenic Academy of Thermal Medicine

10:20 – 10:40 “Roundtable Discussion: Greece, the Florida of Europe?”

09:00 – 13:00 Making Greek Products Successful in the US Market

09:00 – 12:00 Presentations and Roundtable Discussion

Moderators:

- Mr. Greg Drescher, Culinary Institute of America
- Mr. Alkiviades Kalambokis, President, Cretan Exporters Assoc.

Panelists:

- Mr. Arn Grashoff, Vice-President, Innovative Food Holdings, Inc
- Mr. Phil Karfarakis, CEO Intl. Food Manufacturers’ Association
- Mr. Demetrios Kalaitzidakis, Operations Director, Grecotel
- Mr. Garrett DiStefano, Univ. of Massachusetts
- Mr. Adam Millman, Yale University
- Ms. Daniela Puglielli, Mediterranean Diet Roundtable
- Mr. Nicholas Nikolaou, El Greco Foods
- Mr. George Frangiadakis, Costas Provisions

10:40 – 11:00 *Coffee break with healthy Cretan Snacks, Creta Palace Village Square*
Coffee & snacks will be available throughout the sessions

11:00 – 12:10 Session 6: Mediterranean Lifestyle in the Community (Main Hall)

11:00 – 11:30 “Olive Oil and the Mediterranean Diet: Implications for Chronic Disease Prevention and Dietary Guidelines”

- Prof. Frank Hu, Harvard Chan School of Public Health (video-lecture)

11:30 – 11:55 “Feeding America’s Bravest: Survival Mediterranean Style and other Notable Workplace Interventions”

- Prof. Mercedes Sotos-Prieto, Autonomous University of Madrid

11:55 – 12:10 Questions & Discussion with Audience

12:10 – 12:30 *Coffee break with healthy Cretan*
Snacks, Creta Palace Village Square

11:00 – 12:00 Making Greek Products Successful in the US Market
Roundtable Discussion - Part 2

12:00 – 13:00 Coffee break & Extended Networking

Creta Palace Village Square

12:30 – 13:00 Plenary Closing Session: Handcrafted Crete (Main Hall) – “Presentation from the Book, Handcrafted Crete”

- Ms. Isabella Zampetaki, Author & Freelance Journalist

13:15 Bus Departure to Grecohotel Caramel Boutique Resort

14:00 Bus departure to the Grecohotel's Organic Farm, the Agreco
Watch Video by Bon Appetit Magazine, 4 km, 10 min drive

14:15 Arrival at Agreco, Arrival Experience

14:30 – 18:00 Farm Tour, Activities and Organic Culinary Experience

Tour the Farm and try the Activities

- Bread making & baking in the brick oven (Bread made from our own local wheat, grounded in our own stone watermill)
- Traditional grape stomping
- The “Tsikoudia” (Cretan Grappa, the local homemade spirit distilled from grapes)
- Artisanal cheese & AgrecoFarms organic wine Tasting
- Traditional Olive Oil Mill (donkey powered stone mill crushes the olives)
- “Antikristo” A healthy way to roast mountain lamb, cut in quarters and placed across (“antikry”) from the wooden fire. As the meat roasts, the fat melts and drops on the ground, rather than dripping into the fire.
(weather permitting)

Lunch

- The AgrecoFarms Culinary Experiences
- Cretan Folklore Dancing demonstration
- Guests of Honor

18:00 Bus Departure to Grecohotel Caramel Boutique Resort

18:10 Arrival at Grecohotel Caramel Boutique Resort

WOC/Hellenic Center Hospitality Desk (for early departures)

18:30 onwards Free time – optional drinks on your own- Lobby Bar Panther*

(20.00 – 22.00 A la Carte dining and Room Service Available (18:30–23:00)*)

Day 5 Friday, November 11th

07:00 – 08:30 Buffet Breakfast, Enriched with Cretan goodies & healthy choices

Grab ‘n’ go coffee by the entrance

All-day Excursion to Chania Prefecture (Western Crete)

08:45 Bus departure to Terra Creta, Olive Oil Estate, Kolymvari, Chania

87 km, 1 hour & 15 min drive

10:30 – 13:00 Arrival at [Terra Creta Estate](#) – Guided Tour and Activities (divided in two groups)

- Olive Oil Tasting, Freshly extracted & bottled with food pairing
- Visit to the oldest known olive tree (estimated @ 2500 Years Old),
- Village of Vouves, 5 min drive from Terra Creta

13:00 Bus departure to Karavitakis Winery

13:15 Arrival at [Karavitakis Winery](#)

13:15 – 15:00 Guided Tour & Wine Tasting

15:00 Bus Departure to Local, Traditional Tavern (TBD)

15:30 Arrival at the Traditional Tavern

15:30 – 17:45 Lunch with authentic Regional Cuisine of Chania featuring typical rural dishes
Guests of Honor

18:00 Departure to Grecotel Caramel Boutique Resort
Estimated 75 minutes drive

19:15 Arrival at Grecotel Caramel Boutique Resort

19:30 onwards Free time – optional drinks on your own– Lobby Bar Panther*

(20.00 – 22.00 A la Carte dining and Room Service Available (19:30–23:00)*)

Day 6, Departure Day, Saturday, November 12th

07:00 – 11:00 depending on departure times

- Buffet Breakfast
- Enriched with Cretan goodies & healthy choices
- Grab ‘n’ go coffee by the entrance

Check out & Transfers to the airport

The departure day program will be further revised depending on the times of the departing flights.

All elements of the program are subject to modification based on weather conditions and other extenuating circumstances.

*Evening bar charges (apart from wine with conference meals) will accrue to each guest's personal room fees – not included in your package price. On the following evenings, Nov. 10th & 11th (upon returns from the Agreco experience and the Chania daytrip) for those desiring additional food, a 35 Euro credit will be available from your package price towards any a la carte charges in the main dining room until 22:30. All Room service; a la carte service on the