



The Hellenic Society Prometheas

Invites you to a presentation by:

Dr. Sam Pappas, MD
and
Elena Kyrgos, LMFT & NTP,

Licensed Marriage and Family Therapist and board certified Nutritional Therapy Practitioner.

“A Healthy Mind in a Healthy Body”
Νους υγιής εν σώματι υγιεί

Mediterranean, Cretan & Ikarian Diet

The lecture will review the importance of nutrition, contrasting the Standard American Diet with the Mediterranean Diet placing emphasis on the mid 20th Century Cretan diet and the more recent recognition of the diet of Icaria. Dr. Pappas will also discuss the importance of lifestyle in the pursuit of optimal aging.

Following the lecture, the floor will be opened to an interactive and informal Q and A session. Dr. Sam Pappas and Elena Kyrgos will answer questions related to the presentation but also to health, lifestyle, or other related medical issues.

There will be a sign up sheet so anyone who is interested can receive more information on the Mediterranean Diet, including practical tips and other health ideas.



Reception will follow

Friday, May 27, 2016 at 7:00 pm.
St. George Greek Orthodox Church, Founders Hall
7701 Bradley Boulevard, Bethesda, MD 20817