



MEDITERRANEAN DIET EXPO

Sunday October 27, 2019 | The Grand Ballroom, The Greek Club
10:00 am - 4:00 pm

**BROUGHT TO YOU BY DESI CARLOS & LISA PETERSON
TWO GREEK GIRLS COOKING MC MS ANDREA KAZOULLIS**

a day for all Australians to understand the unique advantages of the Mediterranean diet and lifestyle for health and wellbeing. Learn how to COOK-EAT-LIVE for chronic disease reduction in our community by following the easy and delicious Mediterranean diet.

Launching our new book
*The Mediterranean Diet:
The Lifestyle of Eating!*



Doors open from 10:00 am.

Entry entitles you to come and go all day.

A jam-packed day full of health talks, Mediterranean market stalls, food, coffee, music & drinks. Opa!

SCHEDULED SESSIONS

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| 10:00am | Welcome and Opening Remarks |
| 10:30am | Dr David Colquhoun, Assoc. Professor Cardiology |
| 11:00am | Stalls, coffee and sweets.
Interview with a view
Emergency Physician Tina Bazianas |
| 11:30pm | Dr Chrys Michaelides, Diabeteologist. |
| 1:30pm | Dorothea Vallianos. Clinical Psychologist |
| 2:00pm | Ms Andrea Kazoullis, Microbiologist. |
| 2:30pm | Dr Peta Wright, Gynaecologist and Women's Health Specialist |
| 3:00pm | Wine, Meze (Making the perfect meze platter with Desi and Lisa), Stalls.
Interview with a view Exercise Physiologist Wade Innes.
Opacize, Greek dancing. |
| 4:00pm | Close |

Schedule current as at 8 July 2019 and may be subject to change.