



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 9:30 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

Main stage 10:00am	Lisa Bartzis, & Desi Carlos – Two Greek Girls Cooking Dietitians and Nutritionists
Main stage 10:30am	Dr David Colquhoun, Assoc. Professor Cardiology
Balcony 11:10am	Interview with a view – Emergency Physician Tina Bazianas
Main stage 11:30am	Dr Chrys Michaelides, Diabeteologist.
Main stage 12:00pm	Dorothea Vallianos. Clinical Psychologist
Inside from 12:40pm	Interview on the couch – Obstetrician & Gynaecologist Dr Thea Bowler (menopause)
Main stage 1:30pm	Dr Lyndal J White, Consultant Psychiatrist
Main stage 2:00pm	Ms Andrea Kazoullis, Microbiologist.
Main stage 2:30pm	Dr Peta Wright, Gynaecologist and Women's Health Specialist
Balcony 3:10pm	Interview with a view – Exercise Physiologist Wade Innes.
4:00pm	Close

Schedule current as at 23 October 2019 and may be subject to change.

The Grand Ballroom, The Greek Club, 29 Edmonstone St, South Brisbane
for more information: info@twogreekgirls.com
tickets: <https://twogreekgirls.com>